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WEEKEND, March 13-15, 2015

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Will Ferrell a hit at spring training
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NEWS WORTH SHARING.

Canadian tourist killed after whale charges boat. Jen Karren of Calgary was killed Wednesday off the coast of Cabo San Lucas in Mexico after a whale crashed into the boat she was riding on. See story, page 16.

TOP: FACEBOOK; BOTTOM: THE ASSOCIATED PRESS

Going green could hurt instead of help

Energy. Expert says the onus is on the government to make sure they're not doing more harm than good

GILBERT NGABO
gilbert.ngabo@metronews.ca

Going green?

You may be doing more harm than good.

New research from the University of Toronto comes with a big warning: Green technology initiatives might actually be bad for the environment if generating the electricity to power them produces more carbon emissions than taking the oil-driven approach.

It's happening right across Canada, says Christopher Kennedy, engineering professor at U of T.

Kennedy has developed a formula to measure, essentially, when green technology goes bad.

It hinges on the amount of greenhouse gas created for each gigawatt hour of electricity produced. The upper limit, Kennedy says, is 600 tonnes.

"That's the threshold at which electrification can actually reduce emissions," he said.

In other words, if you are in a region where generating a gigawatt of electricity produces more than 600 tonnes of greenhouse gas, you may as well keep driving your gas-powered car, flying domestically or using natural gas to heat your house, he says.

Alberta, Saskatchewan and Nova Scotia fall above the threshold, Kennedy said, citing data from Environment Canada. All other provinces fall below the threshold, with the best performance coming from Quebec, Manitoba and British Columbia.

Ontario is in the middle of the pack, generating 96 tonnes of CO_2 per gigawatt.

"The onus is on the government and policy makers to get this number down," Kennedy said, adding his 600-tonne threshold corresponds to evidence produced by many studies by the International Energy Agency.

"The good thing is that Canada's big cities are well positioned for a green economy," he said, citing Toronto, Montreal and Vancouver as examples.

"But other places also need to do more to catch up."

Canada as a whole is under the threshold, so it generally makes sense to adopt green initiatives here, Kennedy said.

In countries such as India, Australia and China, greenhouse gas production is at such a high level that green technology could actually cause harm.

The upper limit

600 tonnes

of greenhouse gas created for each gigawatt hour of electricity produced is "the threshold at which electrification can actually reduce emissions," according to U of T engineering professor Christopher Kennedy

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NEWS

City hall.
Tory looks to shake up 'status quo'

Hours after putting Toronto's 2015 budget to bed, Mayor John Tory said work has started on the 2016 spending blueprint that will include a shakeup at the city and "may require new people."

Speaking to reporters Thursday, Tory praised the budget that council passed 42-2 Wednesday night but added: "I am not even close to being satisfied with the status quo."

He said that, while this year's budget was largely crafted by staff because politicians were busy with last fall's election, it's "time to dive deeply into the management of the city."

"I certainly think that a lot of the routines that I've found in the short time that I've been mayor that require 19 people to initial things, and 26 people to be involved in meetings to sort of review things that have already been decided upon, are part of our problem," Tory said.

The mayor said he wants to look "thoughtfully" at reducing management layers and to halt dramatic cost overruns on city capital projects, saying that will take discipline, determination, new ideas "and it may require new people."

Tory and TTC chair Coun. Josh Colle have been broadly hinting since last week, when the Torstar News Service revealed that the Spadina subway extension is hundreds of millions of dollars over budget, that one or more senior city managers in charge of building projects will soon be fired.

The mayor acknowledged politicians are part of the problem, saying they must resist the urge to "get (their) hands all over a project."

TORSTAR NEWS SERVICE

Artist Tarquin Singh of Henna Heals applies ornate henna to Madeline Urbina, 19, in her studio in Toronto. Urbina has alopecia, an autoimmune disease that causes hair loss. VINCE TALOTTA/TORSTAR NEWS SERVICE

Henna crowns bring smiles, confidence

Charity. Henna Heals network encourages cancer and alopecia patients to ditch their wigs

Madeline Urbina has been in and out of hospitals, lost friends, and grappled with self-confidence issues, but on Thursday morning those struggles were long gone.

The 19-year-old sat still as artist Tarquin Singh masterfully applied henna paste in intricate curls and swooping lines to Urbina's bald head — a result of the alopecia she was diagnosed with at birth.

Alopecia is a condition in which the immune system attacks the hair root and causes hair loss.

Perched on a chair in a bohemian-style Davenport studio, Urbina wasn't bothered by the cold paste. She was all smiles.

That's exactly the point of Henna Heals, a Toronto-based networking organization that connects cancer and alopecia patients with artists who adorn sufferers with ornate henna crowns for free.

"The crowns make the patients feel empowered, strong and beautiful," said Frances Darwin, a photographer, who began Henna Heals in 2011, after she met artist Darcy Vasudev in San Francisco doing crowns for local cancer sufferers.

Beyond Toronto, Darwin has expanded the movement to far-flung corners of the world, including Australia, Russia, Israel, South Africa and Pakistan. Her global network includes more than 250 artists, each committing to use natural henna paste and dole out their services for free.

The best part of it all, she said, is the giddiness patients have when they catch sight of their crowns for the first time and then head for the streets without inhibitions or their wigs.

For Urbina, that moment generated plenty of second glances in the mirror as she craned her neck and gleefully studied every loop and dot Singh had applied.

"Free," was how she described the feeling her flower-topped crown gave her.

"I learned I don't have to hide under a wig for people to like me," she told the Torstar News Service.

TORSTAR NEWS SERVICE

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Undergrad Emily Irwin stands in solidarity with York University's striking teaching assistants.
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Strike to continue at York University

CUPE. Despite deal being reached, professors and students want university to cancel classes while strikers are at picket line

Quoted

"We urge the university to go back to the bargaining table, place a serious offer on the table and end this strike."

Open message from 300 faculty members

Hundreds of full-time York University professors and thousands of students are urging the university not to restore classes Monday, despite the deal reached with contract professors, because they do not wish to cross the picket lines of teaching and graduate assistants, who are still on strike.

An open letter from more than 300 faculty members, a petition from more than 4,000 undergrads and letters from individual faculties such as law and social work were to be presented Thursday afternoon to members of York's Senate Executive Committee before it meets to plan the return to classes that had been cancelled on March 2.

"Senate Executive will review faculty-specific plans to inform the Committee about resuming the balance of courses on Monday, March 16th," a statement from Joanne Rider, York University spokesperson said. "Guiding principles for their decision-making will be fairness to students, academic integrity and timely information."

The Canadian Union of Public Employees (CUPE) 3903 represents about 1,000 contract faculty, who agreed to a tentative deal earlier this week, as well as 2,700 teaching and graduate assistants, who rejected York's latest offer and remain on strike.

Classes resumed Wednesday in nursing, engineering, business, human resource management and administrative studies, and York has said it would try to restore all classes on Monday.

"We oppose resuming classes while CUPE is on strike and insist that the university administration focuses on a constructive settlement with the union," said the open message from some 300 faculty members. "We urge the university to go back to the bargaining table, place a serious offer on the table and end this strike."

An online student petition has gained some 4,500 signatures urging York to continue to cancel classes until it has reached a deal with all striking workers.

TORSTAR NEWS SERVICE

Film festival to celebrate famous Internet cats

If you're allergic to cats — either online or off — you may want to stay away from the TIFF Bell Lightbox on April 17.

The day marks the return of the annual Just for Cats film festival, which brings cat-themed Internet videos to the big screen. Tickets are on sale now, and they're expected to go faster than a kitten chasing string.

Last year's event featured an appearance by Laureen Harper, who strolled the catwalk with adoptable felines from the Toronto Humane Society.

"The first year was fantastic. We sold out the theatre in a matter of hours," said Kim Elmslie, spokeswoman for the Canadian Federation of Humane Societies.

The festival features 60 minutes of cat videos curated by William Braden, owner of feline Internet celebrity Henri le chat noir. LUKE SIMCOE/METRO

Cost of living 3 times lower, perfect year-round weather

THOUSANDS OF CANADIANS CHOOSE ECUADOR FOR THEIR RECREATION AND INVESTMENT PROPERTIES

The trend is not new: each year, thousands of Canadians flee the cold and the snow, heading south to sun destinations for weeks or months at a time. While many dream of owning a property in the South, the uncertainty surrounding the entire process can make taking the next step somewhat daunting. Not to worry! Since 2010 the Canadian company HolaEcuador has been helping Canadians succeed in acquiring their own piece of paradise.

GUIDANCE AND SUPPORT: KEY FACTORS

The Canadian company HolaEcuador understood the challenges faced by Canadian snowbirds and now facilitates the sun property acquisition process. After having visited Mexico, Costa Rica and Panama, company co-owners Gordon Poole and Yves Cormier chose Ecuador as the ideal location. The quality of the country's infrastructure, incredible biodiversity, low cost of living, beautiful landscapes, accessible and modern healthcare system and year-round mild climate were the decisive factors.

"Since 2010 we have helped hundreds of Canadians acquire a property on the Pacific coast of Ecuador", says Mr. Poole, VP Design and Construction. "We are literally creating an entire seaside village. Of the 1,700 properties that we had available at the start of the project, only 600 remain unsold. And now with the majority of the site infrastructure completed, home construction is ramping up quickly."

In Calgary, Ms. Finley and Mr. Wright enjoyed watching the weekly photos from HolaEcuador's construction team of their house being built from ground breaking to completion. "From our sales rep Paris to our designer Josee, everyone took the time to answer our questions and

Mr. and Mrs. Oulianov, HolaEcuador Clients

build a personal relationship with us", says Ms. Finley. "Investing with a Canadian Company in a gated community gave us confidence and security. Because of HolaEcuador we are living the dream."

GOOD TIME TO INVEST

For now, Ecuador remains a relatively well-kept secret. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place" confirms Mr. Poole. "Further, the Ecuadorian government is very stable and the currency is the US dollar, which is also very reassuring for investors.", he adds.

All that said, prices are rising quickly with the current real estate boom in the region. In Ottawa, Mr. and Ms. Oulianov wanted to act quickly and take advantage of the favourable market. "The development itself is spectacular - an endless beautiful beach, lots of parks and gardens, services available right on the site, and a ton of activities available in the region. We're convinced that this will be a fantastic community in a secure and comfortable environment."

TO GET MORE INFORMATION

"At HolaEcuador's informational seminar I was pleased to discover the high level of professionalism of the developers and the overall quality of the project. In addition to providing lots of interesting information about Ecuador in general, Mr. Poole also provided an in-depth look into this residential project and he took the time to answer numerous questions from the participants. The information that was provided at the seminar left me with a great deal of confidence to take the next steps in realizing my dream." says Al Hendley.

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Is it the right hand or the left? Toronto's cycling manager Jacquelyn Hayward Gulati, left, and Cycle Toronto director Jared Kolb come down on different sides of the debate when it comes to the preferred signal for hanging a right.
LUKE SIMCOE/METRO

Seeking the right (or left) answer in the great right-turn debate

Cycling. The city's riders, experts remain polarized over the proper technique to signal a right-hand turn

LUKE SIMCOE
luke.simcoe@metronews.ca

There are three types of cyclists in Toronto: those who signal with their left hand, those who signal with the right and those who don't signal at all.

Yvonne Bambrick takes issue with the latter.

Bambrick, founder of the Toronto Cyclists Union (now Cycle Toronto), gives a lot of attention to proper signalling in her new book, The Urban Cycling Survival Guide.

Good bicycle communication goes beyond just the basic hand signals for turning and stopping, she notes. And, she's urging Toronto cyclists to do more.

Communication and "predictable riding" are, after all, among the best ways to "reduce risks on the roadway," she said.

In cities with rich cycling cultures such as Copenhagen and Amsterdam, Bambrick said, riders communicate in more "subtle" ways than our exaggerated hand gestures. They signal to change lanes, nod their heads at drivers and other cyclists and smile when other users share the road.

Quoted

"Communicating something is better than not communicating at all."

Yvonne Bambrick, founder of the Toronto Cyclists Union (now Cycle Toronto), on the bottom line when it comes to signalling

"A smile or a wave when someone's given you space or waited to open the door goes a long way," she said.

For all her wisdom, there's one bicycle signal question even Bambrick can't answer: What's the best way to signal a right-hand turn?

Traditionally, the signal for a right turn involves extending your left arm with your elbow bent up at 90 degrees. However, changes made to Ontario's Highway Traffic Act in the 1980s offered cyclists the option of extending the right arm straight out instead.

The different techniques have polarized cyclists ever since.

Citizens for Safe Cycling in Ottawa advises on its website that people use the "sensible" right-arm gesture as opposed to the "perplexing and ambiguous" alternative.

Toronto councillor and ardent "left-armer" Mike Layton wholeheartedly disagrees.

"I don't know where this right-hand signal ever came from," he said. "When I see people do it, I question their tact."

With the rear brake on many bicycles located on the right side of the handlebars, Layton believes it's unwise to signal with that hand.

"If you brake with the front brake only you're going over the handlebars," he said.

On the other side of the debate is Jacquelyn Hayward Gulati, Toronto's new cycling manager. She prefers to signal a right turn with her right hand.

"I can certainly do the left-arm elbow thing, but it feels more intuitive to use the right," she said.

Gulati believes signalling with the right arm makes her intentions clear to pedestrians as well as to drivers who may not understand the classic gesture.

So, how does Bambrick roll?

Personally, she's a left-arm right turner. But, ultimately, it doesn't matter which gesture you use as long as you signal, she said.

"Communicating something is better than not communicating at all."

Reducing risk on the road

Safety tips from The Urban Cycling Survival Guide

Yvonne Bambrick's book is chock full of tips for cyclists, and covers everything from buying a bike to the proper method for riding with your dog.

Here are a few strategies she suggests for safely navigating city streets on two wheels:

Communicate with other road users

In addition to signalling turns and stops, Bambrick advises riders to make eye contact with drivers and pedestrians and to signal lane changes by pointing your arm down at a 45-degree angle.

And, if your bell doesn't get someone's attention, don't be afraid to use your voice, she says.

Ride in a straight line

Instead of swerving around objects, like people and parked cars, Bambrick suggests riding smoothly in a straight line.

Doing so "communicates to other road users that you know what you're doing and that they can safely pass when appropriate," the books says.

Yvonne Bambrick
TORSTAR NEWS SERVICE FILE

Respect the streetcar tracks

In cities like Toronto, tracks can pose a threat to unsuspecting cyclists.

To avoid getting your wheels caught, Bambrick suggests always crossing the tracks at a right angle.

The tracks can be very slippery when wet, so use extra caution when pedalling in the rain.

march 14-20

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Thawing out the cash register

Commerce.
Businesses preparing for weekend boom as temperatures rise

DEBORAH HERNANDEZ
toronto@metronews.ca

Liam Parker, manager of Bikes on Wheels' Kensington Market location, left, predicts a busy weekend for the store, despite the fact that the forecast calls for rain on Saturday. "There will at least be some exploratory missions going on," he says. LIZ BEDDALL/METRO

Ron Tokey made more than 300 litres of fresh ice cream by hand this week as he geared up to welcome a city ready to ditch winter.

"We expect people to start banging on the doors soon," said Tokey, owner of Summer's Ice Cream in Yorkville. "So I've got to start making waffle cone batter for fresh waffle cones and getting all the different toppings ready."

Businesses that thrive when the weather's warm have been welcoming extra foot traffic as warmer temperatures set in. Many expect the real boom to come this weekend — when the mercury's expected to hit 5 C on Saturday.

Stephen Reynolds, manager at Ed's Real Scoop ice cream shop in Leslieville, said he's seen business increase 60 to 70 per cent already this week — some of them already wearing shorts and sandals.

"Everyone wants to take advantage of the nice weather," he said.

Bike shops are another hot spot. March traditionally marks the beginning of what William Martinen, owner of West Side Cycle in Roncesvalles, calls the "high season" for cycling.

The shop saw more customers in the first 10 days of March than in the last weeks of February.

"People are coming in every day for what I call informational visits," Martinen said. "People are deciding if they'll buy a Metropass for April or not. And a lot of people figure a $70 to $80 tune-up for their bike is better than a $142 Metropass."

Keen cyclists know the rush happens every year, said Robert Bateman, president of Bateman's Bicycle Company in the Annex. So his shop prepares for the boom during the winter.

"I look at the bike business as farming," said Bateman, "and spring is when the time to harvest begins.

"There are three times more customers compared to just last week."

Quoted

"We're absolutely swamped."

Robert Bateman, president of Bateman's Bicycle Company

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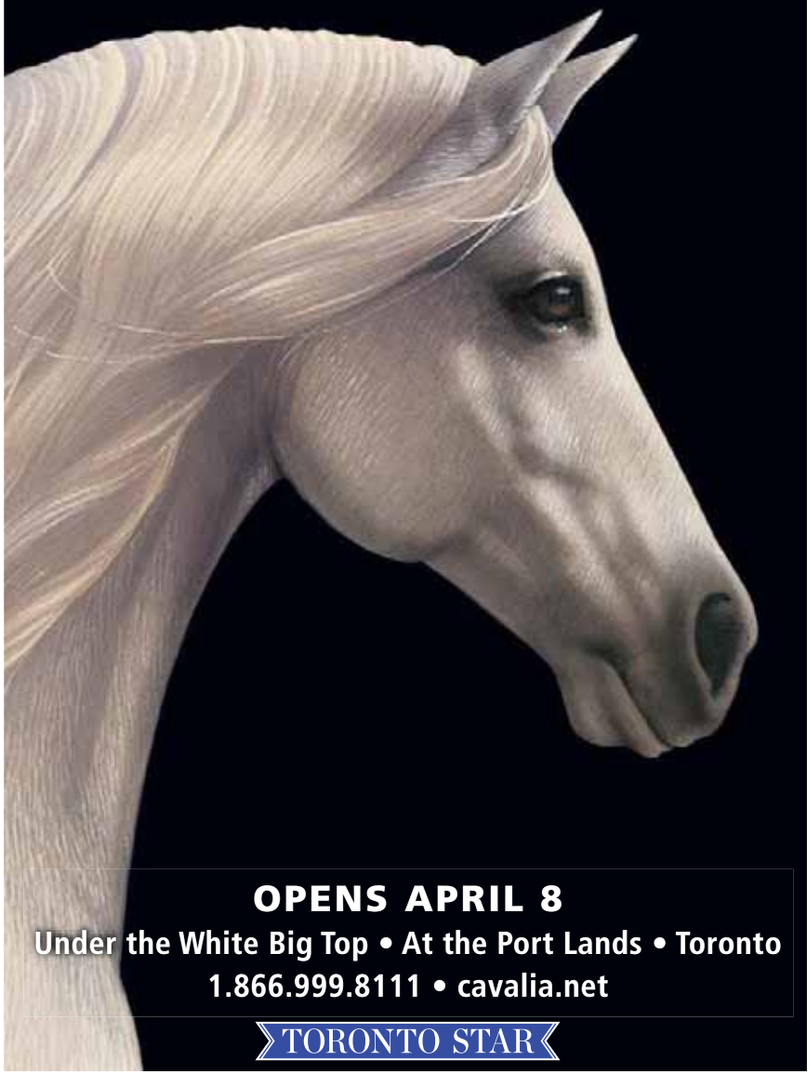
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Daniels Spectrum is offering Regent Park residents a variety of arts and culture activities, said Diane MacLean, a longtime community activist. "There's a blend of what was here before, and what's new," she said. COURTESY OF GARRISON MCARTHUR

Promise fulfilled in Regent Park

Civic award. Daniels Spectrum arts centre is changing the community for the better

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

If you build it, the community will benefit. Right?

If the question is being asked of the award-winning Daniels Spectrum cultural centre in Regent Park, the answer, some say, is yes.

The building recently won a prestigious Civic Trust Award — one of only 32 projects internationally to get the award and one of two in North America.

The awards recognize excellence in architecture or design, but only when buildings also serve the community through social, cultural or environmental benefit.

And in Regent Park, some community members agree, the Daniels Spectrum impact has been dramatic.

"I see on a day to day basis how the design lends itself to the incredible community engagement we have going on," said Seema Jethalal, the facility's managing director.

Diamond Schmitt Architects adapted each space to fit the incoming tenant, she said. That meant acoustics that balance the thundering drums of an African dance show by the Collective of Black Artists and a kitchen set up that allows ArtHeart Community Art Centre to offer meals along with programs for low-income residents.

More than two years since the building opened, Daniels Spectrum has become a hub for arts and entrepreneurship, a place where Regent Park residents can come for events, performances, exhibitions, classes or just to use free wireless service in the lobby.

On most days, you can find people from low-income backgrounds seated at one of the lobby's two pianos, said Ryan Cunningham, artistic director for the theatre company Native Earth, which operates a 120-seat theatre in the building.

"They're playing beautiful music. There's one guy with classical music sheets," he said. "He's not practising — he's doing it. That's fantastic."

At a glance

Core tenants at Daniels Spectrum include:

- Artscape, which supports community arts initiatives.
- Centre for Social Innovation, which promotes entrepreneurship.
- ArtHeart Community Art Centre, a feature of Regent Park for 23 years

Networking

Musicians find their match with DownTo Jam

A new Toronto group is setting musicians up for a great career simply by helping them find their match.

Yes, that's right. Just like on dating sites. Whether a guitar player, a drummer or simply a singer, all you have to do is sign up and provide your location and a few details on what you want, and DownToJam will do the rest.

"We first thought of it as a network for musicians to create a community for themselves online," said Troy Fullerton, one of three co-founders of the group.

Since taking off last year, the platform has grown to match thousands of musicians all over the world, he said.

It breaks the challenge of finding the right fit for any type of music projects.

"The amount of people signing up has exceeded our expectations," he said. "It is really encouraging and shows the need out there for such a service."

With an increase in numbers and more professionals joining to look for music partners, DownToJam hopes to soon start seeing bands and music groups growing out of the initiative, said Fullerton.

GILBERT NGABO/METRO

Survey reveals racist leanings

Four in 10 Canadians believe "too many" immigrants aren't white, according to a new poll. Ekos research asked more than 2,000 Canadians: Of the immigrants who come to Canada, are too few, too many or the right amount visible minorities? Forty-one per cent said, "too many." Here's what three GTA Canadians, who are immigrants and visible minorities, have to say about that.

JESSICA SMITH CROSS

Nav Bhatia
TORSTAR NEWS SERVICE FILE

Kristyn Wong-Tam
TORSTAR NEWS SERVICE FILE

Guida Man
CONTRIBUTED

Bhatia often says that if there's a heaven on earth, it's Canada, the inclusive country he loves.

But the poll results make him wonder: What will happen if some of those 41 per cent one day go to heaven?

"They might find there are visible minorities and immigrants there."

Bhatia is best known as the "Raptors' Superfan," and the team's official South Asian community ambassador. He also runs a successful Hyundai dealership in Mississauga and gave a talk at the most recent TEDx Toronto about changing racist perceptions.

Bhatia wants to change the views of that 41 per cent by asking them to take a look at him. "I'm as visible as any immigrant can be, and I'm employing 159 Canadians and some of them are immigrants and some of them are visible minorities," he said. "Many of these immigrant Canadians, these visible minorities, are achieving, they're taking this country to the next level."

"My first reaction was, 'That can't be right. It must be a mistake,'" Wong-Tam, a Toronto city councillor, said about the survey results.

For her, it's hard to believe because her parents chose to immigrate from Hong Kong in the 1970s. One of the big reasons they came, bringing Wong-Tam along as a young child, was for the promise of living in a multicultural, pluralistic country.

"But when I reflect on the tone of the discussions coming out of Ottawa right now, it may not be too surprising," she said about the results. How politicians speak about immigration and multiculturalism influences the way everyone else sees it, she added.

"I believe the immigration patterns add to the beautiful cacophony of what I know is Toronto.

"I would hate to think that the attitudes of Canadians are going to change simply because my skin colour is not white and my mother speaks with an accent."

For York University professor Guida Man, the discourse from in Ottawa on subjects such as wearing a niqab in citizenship ceremonies contributes to a racist view of immigration.

"One of the reasons it's such a high number is the rhetoric of our government, of the Conservative government, particularly Stephen Harper," she said.

Quoted

"There is certainly racism in society ..."
Guida Man

Ekos pollster Frank Graves found a correlation between Conservative support and the view that too many immigrants are visible minorities.

But, Man says, more than just a poll must be done to understand these views.

"There is certainly racism in society, but how do we combat it?" she asked.

More research should be done with open-ended questions that can't be tackled in a poll, she said.

At a glance

The Ekos research poll was conducted in early March. Results were released Thursday.

- **Overall, 41 per cent said "too many" immigrants are visible minorities**
- **That broke down to 51 per cent of Conservative supporters, 35 per cent of NDP supporters and 32 per cent of Liberal supporters.**
- **The view is more common among older and less-educated people.**
- **64 per cent of people said the niqab is offensive and women should not be allowed to wear it during citizenship ceremonies.**

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Transgender woman settles human rights complaint

Tribunal. U.K. native Avery Edison was detained at a men's jail in Toronto after she was stopped by border services agency

Avery Edison CONTRIBUTED

A transgender woman from the U.K. who was detained at a men's jail in Toronto has settled a human rights complaint against the Ontario government.

"The Ontario Ministry of Community Safety and Correctional Services has acknowledged the concerns raised in the complaint and implemented protection policy of transgender people in Ontario," said Jonathan Schachter, Avery Edison's lawyer, after a mediation session at the Ontario Human Rights Tribunal Thursday.

Edison, who is legally identified as a woman in her British ID and passport, was stopped by Canada Border Services Agency at Pearson airport in February 2014 for overstaying in the country during a previous visit.

She was held at Milton's Maplehurst Correctional Complex for 20 hours before she was moved to the nearby Vanier Centre for Women after her ordeal was widely reported by the media. She was deported from Canada two days later.

In July, she filed a human rights complaint claiming she was discriminated and mistreated by the Canadian officials because of her gender, touching off a public debate over the "misgendering and misplacement" of trans people in the Ontario jail system.

Ontario correctional services had a longstanding policy to assign pre-operative trans people to a detention facility based on their gender at birth.

In light of Edison's high-profile complaint among others, the province changed its policy in January and began placing inmates in institutions fitting to their self-identified gender or housing preference. Trans inmates now also have the option to be frisk-searched by a male or female guard.

A fundamental change also includes the way the inmates prefer to be addressed in terms of gender pronouns, both in verbal communication and written documents.

However, Edison's complaint with the Canadian Human Rights Commission is still outstanding because the federal rights watchdog has so far refused to entertain the claim, saying the protection did not extend to Edison because she was not "lawfully present" in Canada. TORSTAR NEWS SERVICE

Local food

City shutting down Riverdale Farm Farmers' Market

Citing poor attendance due to stiff competition and rain, the City of Toronto is shutting down Riverdale Farm Farmers' Market.

But critics say city neglect is to blame for the summer market's demise.

The brainchild of late local-food advocate Elizabeth Harris, Riverdale made its debut in 2001, the first organic farmers' market in Toronto, operating on Tuesday afternoons.

After Harris's death in 2011, the city, which runs Riverdale Farm adjacent to the market at Winchester and Sumach streets, took over its management.

In late November, the city decided not to reopen it, said Carol Guy, supervisor of the city-operated Riverdale Farm; the move was announced to vendors earlier this year.

"We did give it our best shot," said Guy.

Guy told Torstar News Service an influx of downtown farmers' markets in recent years drew customers away from Riverdale. "Torrential downpour" the last two seasons exacerbated the problem, she added.

"We go from having … nobody because of bad weather to something like 350 people in July. It's all over the map and not consistent."

On any given week, she said there were 12 to 14 vendors on site.

Laura Sabourin, owner of Feast of Fields, an organic orchard in the Niagara region and one of the founding vendors at Riverdale, said interest in the market began to dwindle when Harris fell ill, a situation that only worsened with the city at the helm.

"Elizabeth was a very dynamic driving force," said Sabourin, pointing to Harris's ability to connect with the community, consult with vendors and land public funding.

In its heyday, she said Riverdale attracted 30 vendors.

"It was exciting, it was friendly, it was very co-operative and very much a neighbourhood event."

She claimed the city's approach has been much more hands-off. TORSTAR NEWS SERVICE

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Toronto gallery stares down paraskevidekatriaphobia

Superstition. 'It's been a lucky number for us': Director of Gallery 1313

GILBERT NGABO
gilbert.ngabo@metronews.ca

A 13 that falls on Friday isn't generally cause for a celebration. But a Toronto gallery is trying to change that.

It's called paraskevidekatriaphobia — the fear of Friday the 13th — or simply triskaidekaphobia, fear of the number 13.

Phil Anderson, director of Gallery 1313, thinks of the number differently and is putting gallery items on discount Friday to prove it.

The big special? Artist-designed T-shirts will sell for, what else, $13.

"It's been a lucky number for us," he said, referring to the gallery's address at 1313 Queen St. W.

They've been there since 1998, Anderson points out.

"Look, we are still around after all these years, when many other galleries didn't last in this tough business."

As it turns out, the building that houses this gallery was a detention centre for Division 6 of Toronto police between 1931 and 1963.

"Someone came in one time and said they felt bad karma and wanted to do an immediate cleansing ritual," Anderson said, laughing.

It's all superstitious depending on one's culture, he said. Some people will say it's an unlucky number while others actually consider it a lucky number, he added.

"Taylor Swift, for example, is obsessive about the number 13," he said about the pop star who was born on Dec. 13.

She reportedly tries to link everything in her life with the number.

Phil Anderson usually sells T-shirts like these for more than $20 at Gallery 1313, but they'll be going for $13 each from 1 to 6 p.m. Friday. LIZ BEDDALL/METRO

"Even her Twitter handle has 13 in it," Anderson noted.

The gallery's focus is on helping local emerging artists find a space for their exhibitions and art installation shows.

And, yes, they've hosted more than 13 over the years.

Myths

Myths about the number 13 and Fridays:

- It is considered unlucky to have 13 guests for dinner in the Christian faith because there were 13 guests at the Last Supper and guest 13 would have been Judas, the traitor.
- Public hangings were often on Fridays.
- There are 13 knots in the hangman's noose, and the guillotine blade falls from 13 feet.
- Some Muslims believe that Allah created Adam on a Friday, and Christians believe Jesus was crucified on a Friday.
- A witches' coven consists of 13 members.
- Some believe Adam and Eve ate the forbidden Garden of Eden fruit on a Friday and died on a Friday.

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Shad plans to keep making music on the side as he becomes host of CBC Radio's Q. LIZ BEDDALL/METRO

Shad's getting ready for his Q

CBC. Rap artist feels it will take time to reach level of 'master' hosts

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

Shadrach Kabango — a.k.a. Shad — is coming out of a celebratory whirlwind.

The last two days, he said, have been like a giant surprise birthday party.

"It's been a couple of special days in my life," he told Metro on Friday.

Shad seems to know the party is about to end, as the weight of reviving — and then carrying — the CBC's Q settles on his shoulders.

He officially takes over his duties as host on April 20. But the training, which Shad expects to be "intense," starts now.

And as he goes in, he'll be looking to at least one CBC idol for guidance. Shad has a lot of admiration for the way George Stroumboulopoulos handles interviews, equating such work to a natural calling rather than a job.

"They're certain masters for sure; people that have their way and they do it super-well," Shad said.

He doesn't expect to rise to that level overnight. Trying to catch up "to the rest of the team" at CBC will be one of his goals.

Shad earned his spot on Q after coming in as a guest host in January. Since that stint, he's tried not to think about the possibility of the show becoming his.

"The one thing I did think leading up is, if it's offered, it'd be really hard to turn down because it's such a cool job," he said. "Then I got this phone call.

"My reaction in the moment was: my life's going to change."

So why does he think the CBC chose him?

"If I had to take a guess, I'd say the breadth of my experience, my experience culturally, my experience as an artist touring this country, even, helps for this job, because you're talking to the whole country," he said. "I know what that looks like and feels like."

Quoted

"My experience as an artist touring this country ... helps for this job, because you're talking to the whole country."

Shadrach Kabango, on his qualifications

Quoted

"My life's going to change."

Shadrach Kabango, on what went through his head the moment he got the phone call

Grant Lawrence

Tips from a colleague

Before he became a CBC Radio 3 host, Grant Lawrence was a musician. He's known Shad for 10 years and offered up three tips for making the switch:

Go with the flow: "This is perfect for a hip-hop artist, and Shad's a very good freestyler.... If your guest drops a bombshell on you, the next question better not be, 'So, back to your book.'"

Canadian pronunciation: "In Canada, we pronounce lieutenant, lef-ten-ant. Every single host has made that mistake. The other one is Newfoundland. The easiest way to remember that is: there's a band, from Newfoundland. Tell your producers not to make any assumptions. Write everything phonetically."

Be yourself: "That's the hardest rule of radio. It's natural to go into a new role and want to try to please everybody. You're not going to please everybody. But if you've gotten this far as a human being, chances are you got this far by being yourself. I know the guy I want to hear, and that's old Shadrach Kabango."

Beloved author to be honoured

Montreal. Mordecai Richler was best known for such novels as The Apprenticeship of Duddy Kravitz

Mordecai Richler SCOTT MACDONALD/THE CANADIAN PRESS

Montreal mayor Denis Coderre will unveil a tribute to one of Canada's most celebrated authors today at city hall.

Mordecai Richler was born in the city in 1931 and died at the age of 70 in 2001.

He was best known for such novels as The Apprenticeship of Duddy Kravitz and Barney's Version, both of which were set in Montreal and made into feature films.

In 2011, the city announced plans to revamp a bandstand built in the 1920s on the eastern flank of Mount Royal and rename it the Mordecai Richler Gazebo.

However, work on the gazebo was delayed several times and it is unclear if today's announcement will centre on that structure.

In January, the delays prompted Richler's widow, Florence, to say she doubted the city would ever honour her late husband.

Richler left Montreal in the 1950s for Europe but returned 20 years later and his city of birth often figured as settings for his writing.

THE CANADIAN PRESS

JUNO what's happening this weekend?

Sam Roberts stops to sign an autograph for a fan before heading inside for practice for the JUNO Cup celebrity hockey game at the Dave Andreychuk Mountain Arena in Hamilton, Ont., on Thursday. PETER POWER/THE CANADIAN PRESS

Media

BuzzFeed to open office in Toronto

Another major U.S. media company is planning to set up shop in Canada.

BuzzFeed, the popular website specializing in offbeat lists and quizzes, announced Thursday it would be opening an office in Toronto and establishing a Canadian editorial team this spring.

The company was tight-lipped about its plans and declined to offer comment on the exact timing of the expansion or the number of jobs that would be created.

Vice, the Huffington Post and AOL have all established websites featuring content more geared toward Canadian audiences.

THE CANADIAN PRESS

Medicine Hat, Alta.

Mayor gets one-year driving ban

The mayor of a city in southeastern Alberta has been banned from driving for one year after pleading guilty to impaired driving.

Ted Clugston entered his plea today in Medicine Hat provincial court.

THE CANADIAN PRESS

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Critics fear new anti-terror bill will tread on rights

The federal government's assurances that its anti-terrorism bill will not be a licence to spy on activists have done little to calm the fears of aboriginal leaders, environmentalists and human rights advocates.

Several critics said Thursday they have reason to believe the legislation would be used to step up surveillance of protesters opposed to petroleum projects and other resource developments.

"We don't want to be labelled as terrorists in our own territories, our own homelands, for standing up to protect the land and waters," Assembly of First Nations national chief Perry Bellegarde told the House of Commons public safety committee.

Bellegarde indicated the bill would be challenged in the courts, saying the federal government did not fulfil its duty to consult Aboriginal Peoples.

The committee plans to hear more than 50 witnesses on the bill, introduced in response to extremist-inspired attacks that killed two Canadian soldiers last October. THE CANADIAN PRESS

Rules

Tougher safety standards for rail tank cars proposed

Transport Canada's proposed new federal regulations will give shippers until 2025 to upgrade rail tank cars to a higher safety standard, a transition that would come almost 30 years after serious deficiencies in the fleet were first identified.

The safety upgrade would build on standards voluntarily adopted by the industry in 2011 and require shippers to make tank cars more resistant to punctures and valve failures in the case of derailment or collisions.

The news comes amid a spate of fiery oil train derailments on both sides of the border that have proven the latest tank car design remains inadequate. THE CANADIAN PRESS

Canadian woman dies when whale slams boat in Mexico

Cabo San Lucas. Jen Karren killed after a grey whale caused boat captain to make a 'sudden manoeuvre'

MORGAN MODJESKI
Metro in Calgary

Jen Karren receives CPR aboard a small boat. Karren was injured after a grey whale hit the boat she was on, near a beach resort in Cabo San Lucas, Mexico.
PROFEPA/THE ASSOCIATED PRESS

A Calgary woman killed Wednesday off the coast of Cabo San Lucas in Mexico after a grey whale crashed into a tourist boat has been identified as Jen Karren.

Cabo Adventure, the company behind the Snorkel & Sea Adventure tour that Karren was on, said the 35-year-old woman was killed after a whale broke the water's surface, causing the boat's captain to make a "sudden manoeuvre" on Wednesday morning.

An official with the One World Hospital by Saint Luke's in Cabo San Lucas confirmed the identity of the woman to Metro on Thursday afternoon.

According to her Facebook page, Karren was an employee in the mailroom of Worley Parsons Ltd., an international construction consulting firm working in the energy and resource sector.

A statement from Cabo Adventures explained the boat was travelling from Santa Maria, and the incident occurred around the Hotel Fiesta Americana.

"The whale hit the boat on one side, which caused two passengers to be hurt and, unfortunately the death of one passenger," said Felipe Diez-Canedo, general director of Cabo Adventures.

It's believed the force of the impact with the whale sent Karren into the water. A guide on the ship and another passenger jumped in to rescue her. Another passenger, a nurse, performed CPR aboard the ship.

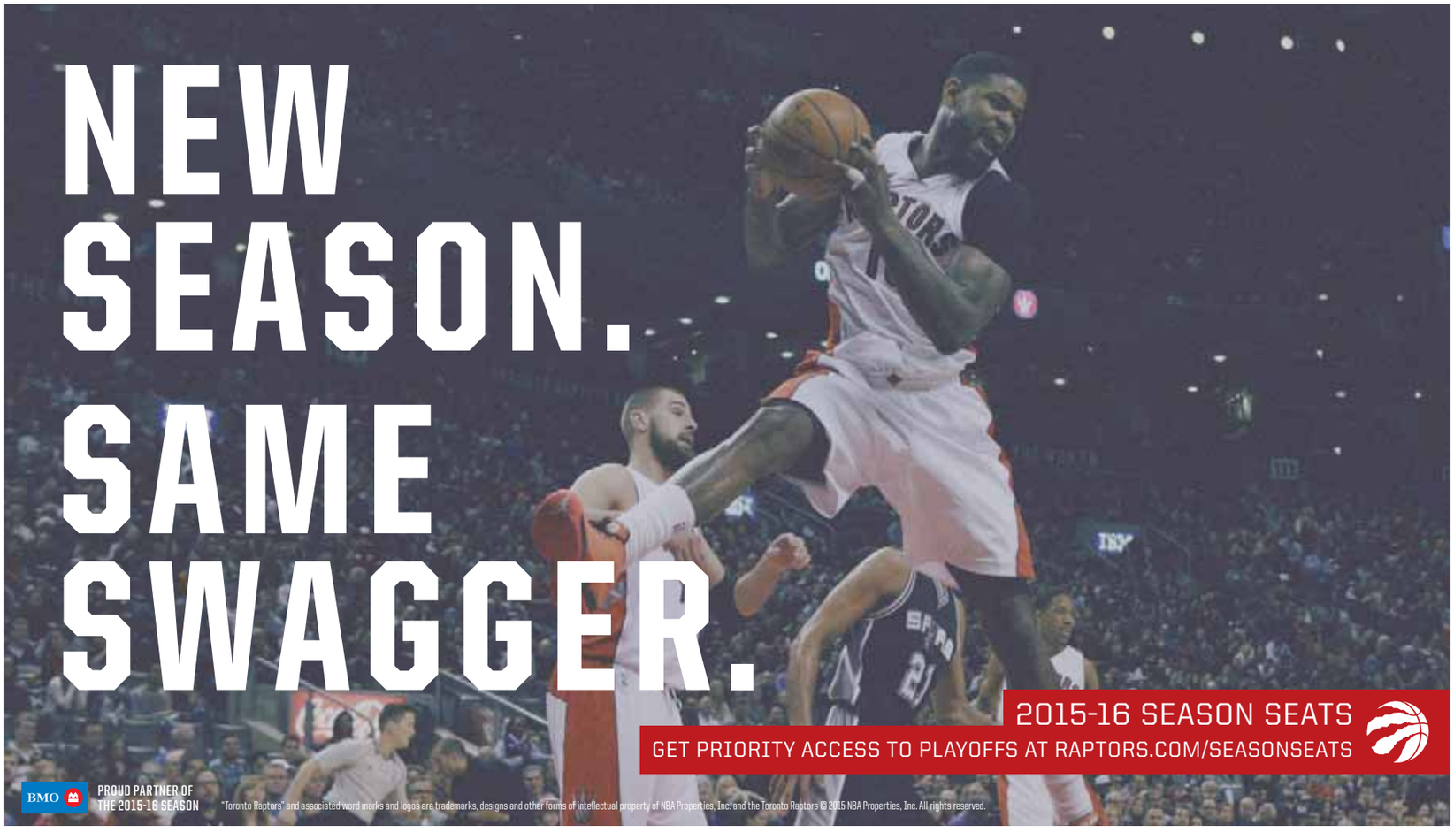
"On arrival to the marina, the paramedics took the passenger to a private hospital in where, unfortunately, (she) passed away," Diez-Canedo said.

One of the other two injured passengers has since been released from hospital and a second was due to be released Thursday evening.

Foreign Affairs issued a statement to Metro early Thursday.

"Our thoughts are with the family and friends of a Canadian citizen who passed away in Mexico. Canadian consular officials in Cabo San Lucas are providing consular assistance to the family in this difficult time," spokesman John Babcock said in an email.

It's believed 24 people were on the tourist boat at the time of the incident.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Centerpoint Mall
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ORANGEVILLE
114 Broadway Ave

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Oshawa Sobeys Plaza

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Pickering Town Centre

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Hillcrest Mall

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Malvern Town Centre
Scarborough Town Centre

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New Sudbury Centre
Southridge Mall

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Two Ferguson officers shot; groups try to quell tensions

Missouri. Bloodshed threatened to inflame the already fraught relationship between police and protesters

With measured remarks and a conciliatory tone, police, political leaders and civil-rights activists on Thursday sought to tamp down tensions after two police officers were shot in front of the Ferguson Police Department during a protest.

The officers were quickly released from the hospital, but St. Louis County Police Chief Jon Belmar said they could have easily been killed and called the attack "an ambush." Meanwhile, people were taken in for questioning after a SWAT team converged on a Ferguson home near the shooting site. Police did not immediately offer details.

The shootings marked the first time in eight months of tension in Ferguson that officers were shot at a protest, and the bloodshed threatened to inflame the already fraught relationship between police and protesters just as the city seeks reforms in the wake of a withering Justice Department report on its law-enforcement practices.

The attack resonated all the way to Washington. President Barack Obama took to Twitter to relay his prayers to the officers and to denounce violence against police as unacceptable. "Path to justice is one all of us must travel together," Obama wrote, signing the tweet with his initials to indicate the president personally composed it.

Attorney General Eric Holder called the shooting "inexcusable and repugnant."

The shots were fired early Thursday just as a small crowd of protesters began to break up after a demonstration that unfolded hours after the resignation of Ferguson Police Chief Tom Jackson.

The shots were believed to come from a handgun fired across the street from the police department, which has been a national focal point since the Aug. 9 shooting death of Michael Brown, who was black and unarmed, by a white police officer. THE ASSOCIATED PRESS

A police officer walks toward the Ferguson Police Department Thursday.
JEFF ROBERSON/THE ASSOCIATED PRESS

Atlanta. Residents call for police accountability

Residents in the Atlanta area are adding their voices to a nationwide chorus of calls for increased police accountability after an unarmed, naked man was fatally shot by an officer responding to a complaint of a suspicious person at an apartment complex.

More than 100 protesters gathered in the city of Decatur on Wednesday night to protest the death of Anthony Hill, 27. Most said they hoped the latest shooting would become part of an ongoing national discussion on how police officers interact with citizens, especially minorities.

The relationship between law enforcement and civilians — particularly in poor, minority and high-crime neighbourhoods — has become a contentious issue in many states across the U.S. following the high-profile deaths of unarmed men and teens by police officers, some of whom have been exonerated of wrongdoing after saying they perceived the men and teens they shot as threats. THE ASSOCIATED PRESS

Shooting

Report forthcoming

Wisconsin's attorney general says a report on the shooting of an unarmed 19-year-old man by a Madison police officer should be sent to a prosecutor in about two weeks. Attorney General Brad Schimel is updating the investigation into the death of Tony Robinson. Robinson, a biracial man, was shot and killed by a white officer Friday night after police said Robinson assaulted the officer. Schimel is encouraging the public to be patient before judging what happened. He says he appreciates that Robinson's family has urged that protests be peaceful.

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*[1] Make no payments for 90 days when you purchase finance a new unregistered 2015 Toyota vehicle through Toyota Financial Services Canada. Offer applies on approved credit to retail customers who purchase and take delivery by March 31, 2015. The first monthly payment will be deferred for 60 days (until the 90th day of the contract) and finance contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract.

Washington. Secret Service agents under investigation

The U.S. Homeland Security Department is investigating two senior Secret Service agents accused of crashing a car into a White House security barrier, an agency spokesman says.

Secret Service spokesman Robert Hoback said Wednesday that recently appointed Director Joseph Clancy has been briefed on the March 4 incident. Clancy has asked the department's internal investigator to look into the incident.

The crash investigation is the latest embarrassment for the agency tasked with protecting the president.

THE ASSOCIATED PRESS

Intelligence

Incidents of drunken behaviour have plagued the agency since at least April 2012, when more than a dozen agents and officers were caught up in a prostitution scandal in advance of a presidential visit to Cartagena, Colombia.

Boko Haram

UN considers African support

Members of the UN Security Council are proposing that the international community supply money, equipment, troops and intelligence to a five-nation African force fighting Boko Haram.

African countries have put together the largest international effort yet to defeat Boko Haram after Nigeria's war against the Islamic extremists spilled beyond its borders. Alarm rose when Boko Haram over the weekend announced its allegiance to the Islamic State extremist group operating in Iraq and Syria.

THE ASSOCIATED PRESS

Pope celebrates second anniversary in office

Pope Francis waves to faithful as he arrives on the occasion of an audience with participants to the course promoted by the Penitentiary Apostolic Tribunal, in the Paul VI hall at the Vatican, Thursday.

ANDREW MEDICHINI/THE ASSOCIATED PRESS

Vatican City.

Francis's reforms popular worldwide; traditionalists less thrilled

Pope Francis marks his second anniversary Friday riding a wave of popularity that has reinvigorated the Catholic Church in ways not seen since the days of St. John Paul II. He's also entering a challenging third year, facing dissent from within on everything from financial reform to family issues.

Is the honeymoon over?

According to the Pew Research Center, not by a long shot, at least as far as ordinary faithful are concerned: Nine out of 10 U.S. Catholics have a favourable view of Francis, including six in 10 who have a "very favourable" view. Those are rankings not seen since John Paul's rock star days. And they trump the favourability ratings for Pope Benedict XVI even among more orthodox, church-going Catholics.

"Two years after his election, Francis has made the face of the papacy irreversible," Italian Vatican analyst Marco Politi wrote recently. "Returning to a doctrinaire, absolute monarch, icon-pope will never be possible, without a dramatic loss in contact with contemporary society, believers and non-believers alike."

Yet opposition abounds, most vocally among commentators but also some cardinals and bishops: Traditionalist Catholics have been joined by more mainstream conservatives who cringe at his mercy-over-morals priorities and apparent willingness to entertain pastoral approaches that might not follow Rome's rulebook.

THE ASSOCIATED PRESS

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CRTC shakes up Canadian content on TV

Broadcast. Regulator hopes changes will lead to higher quality Canadian programming

Canadian broadcasters will have less-stringent Canadian content requirements, but be required to fund higher-quality homegrown productions as a result of the findings of the CRTC's Let Talk TV public hearings.

Jean-Pierre Blais, chairman of the CRTC, outlined changes intended to develop better Canadian programming Thursday in Ottawa.

Blais characterized the television viewing climate as being in an "an age of abundance" and citing the need for "quality" Canadian programming to compete for viewer's attentions spans, which is the goal of the outlined changes.

Canadian content restrictions will be relaxed, except in the prime-time viewing window (6 to 11 p.m.). Specialty channels will have to show 35 per cent Canadian programming throughout their schedules, and some local stations will not have to have any Can-Con in non-prime time viewing time slots.

Specialty channels like HGTV, Space and MTV Canada which have had genre protection to limit competition — but also license requirements that limited what kind of content they could show — will see those restrictions lifted.

All Canadian broadcasters will have to invest in homegrown production, and there are changes to productions being labelled Canadian content. One pilot project will encourage adaptations of Canadian novels, and another will focus on series with a $2 million budget per hour, but both will require a Canadian screenwriter, leading actor or production company to qualify as Canadian content.

Thursday's changes follow an initial decision to allow Canadian's access to American commercials during the Super Bowl.

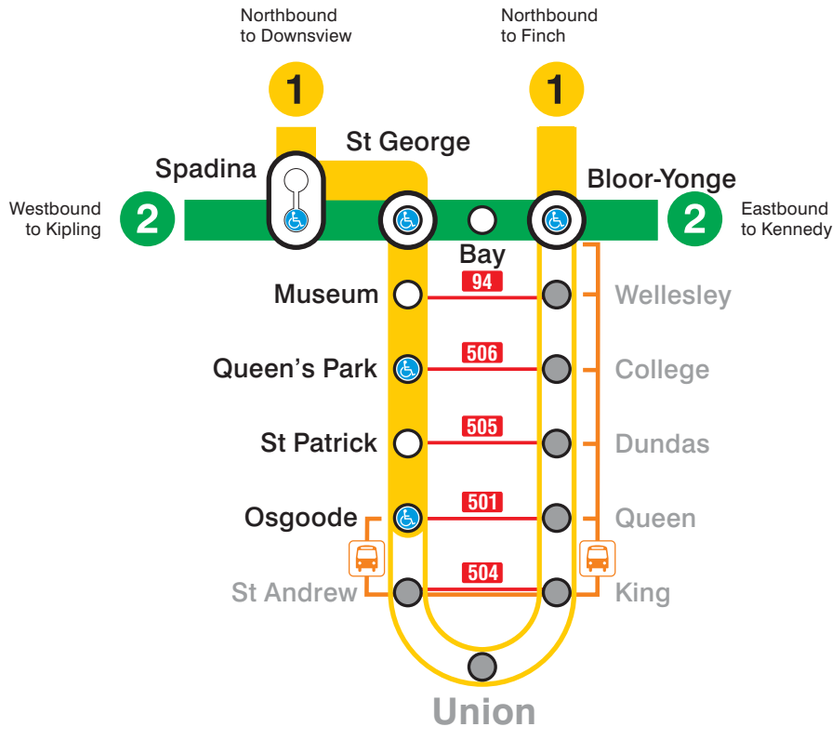
The CRTC still has to act on issues such as cable unbundling and a pick-and-pay channel option.

These issues, along with the changes to specialty channels, could potentially be even more bad news for smaller, niche channels.

TORSTAR NEWS SERVICE

Saturday closure

1 Bloor-Yonge to Osgoode
March 14, 2015



For detailed service information, call 416-393-4636 or visit ttc.ca

TORONTO TRANSIT COMMISSION

France

Yogurt cartel fined for fixing prices

A ruling Thursday by France's competition authority details a web of secret meetings, handwritten charts and phone exchanges over six years to fix prices on many of the yogurt-related goods in French supermarkets.

Eleven companies were hit with 192 million euros (about $258 million) in fines for the cartel, including Yoplait and Lactalis and makers of most of the store-brand yogurt sold around France.

THE ASSOCIATED PRESS

Market Minute

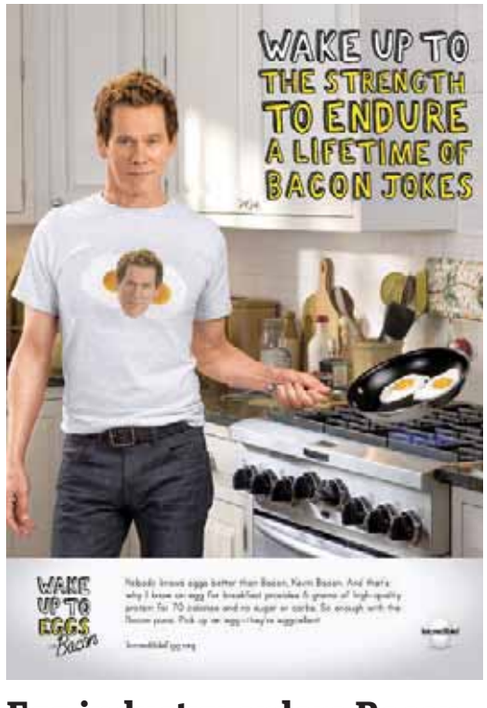
DOLLAR 78.72¢ (+0.36¢)

TSX 14,770.72 (+ 31.52)

OIL $47.05 US (- $1.12)

GOLD $1,151.90 US (+ $1.30)

Natural gas: $2.734 US (- 9¢)
Dow Jones: 17,895.22 (+ 259.83)



Egg industry orders Bacon

The American Egg Board is launching a series of online ads featuring Footloose actor Kevin Bacon, seen in a print ad, with plenty of puns on his last name. The campaign, which includes magazine ads, comes as a protein craze in the U.S. is helping fuel sales after decades of declining consumption. COURTESY AMERICAN EGG BOARD/THE ASSOCIATED PRESS

ACCOUNTABILITY AT THE TTC STARTS WITH LEADERSHIP

ANDY BYFORD
CEO
TORONTO TRANSIT COMMISSION

There has been a lot of talk recently about the need for a culture of accountability and leadership in City agencies – and rightly so.

Both are essential components of good governance with each being a prerequisite for any well-run, modern organization.

Improving the quality of leadership and creating a culture of accountability features strongly in the TTC's five-year modernization program, designed to deliver a transit system that makes Toronto proud.

Effective leadership starts at the top of an organization. Good leaders have a clear vision for the future, they set strong direction, and they make themselves both available and answerable to the public they serve. They own mistakes, demand higher standards and they set a course for continuous improvement.

The leadership team at the TTC has changed a lot over the past three years. We have brought in fresh talent, promoted good performers and let some managers go. Our starting point has been a belief that world-class service will only be delivered if frontline employees are well-led and well-motivated. We have put emphasis on adoption of a more enlightened management style to enable everyone to excel.

Of equal importance is a culture of accountability. This should filter down to every member of staff such that each and every employee owns their part of the daily challenge of delivering service.

We have introduced Group Station Managers, developed an annual Customer Charter, and routinely publish daily, weekly and monthly performance statistics so that you can hold us to account for the performance of your service.

We are progressively embedding a modern performance management system where every employee knows what is expected of them and what they can expect from their manager – all with a view to driving up customer service and building a true culture of accountability.

With a vision and a plan to guide us, driven by determination from the top, I am convinced we will succeed.

EMPLOYEE PROFILE

Name:	Position:	Years of Service:
Rodney Matchett	Vehicle Repairperson	33

As a Vehicle Repairperson at Roncesvalles Carhouse, I am responsible for maintaining our aging streetcar fleet. It still astounds me though, how well they endure being in service every day. My job is to fix major and minor mechanical problems, and keep the streetcars in a safe running condition, and this is a daily challenge, sometimes very frustrating. I believe you will not find this type of work anywhere else, so when my coworkers and I are able to achieve and provide a standard of quality on these old streetcars, that's the satisfying part for me. Now, it's exciting to see the new fleet begin to arrive.

Weekly Customer Service Report

Week ending March 11, 2015

	Actual % / Target %	
Subway – Deliver a punctual service	97% / 97%	✓
Bus – Deliver reliable headway	65% / 65%	✓
Streetcar – Deliver reliable headway	64% / 70%	✗

DO YOU HAVE A QUESTION FOR THE TTC? SEND AN EMAIL TO TOMOVES@TTC.CA

Ride Guide

The artwork on the cover of the TTC's new Ride Guide is called "Gears" by Toronto artist Runt, who is also famous for his mural work at Lee's Palace.

ST. PATRICK'S DAY PARADE IMPACTS

On Sunday, March 15, Toronto will host its annual St. Patrick's Day Parade from 12 p.m. to approximately 5 p.m., departing from St George Station, travelling east on Bloor Street, south on Yonge Street and west on Queen Street to Nathan Phillips Square. During the parade, the following TTC routes will experience delays: 5 Avenue Rd, 6 Bay and 94 Wellesley buses; 506 Carlton, 505 Dundas and 501 Queen streetcars. Don't forget to wear green!

YORK UNIVERSITY STRIKE – TTC ROUTE CHANGES

While the strike at York University continues, buses will follow regular routings after 7 p.m. Monday – Friday, and all day Saturday and Sunday. From Monday – Friday, 6 a.m. - 7 p.m., TTC routes will not enter York University. Routes impacted are 41 Keele, 60 Steeles West, 106 York University, 107 Keele North, 195 Jane Rocket and 196 York University Rocket. For specific details on affected routes, visit ttc.ca and click on Route Diversions.

WEEKEND LINE 1 CLOSURES

This weekend, there will be no subway service on Line 1 between Bloor and Osgoode Stations on Saturday, March 14, and between Union and St Andrew stations, only, on Sunday March 15, in order for the TTC to continue signal upgrade and track work, as well as work on the Union Station second platform.

On Saturday, March 14, shuttle buses will operate between Rosedale and Osgoode stations, but will not service Union Station due to ongoing construction on Front Street. Instead, shuttle buses will divert eastbound via King and westbound via Wellington. Customers travelling to Union Station can walk from Bay and Wellington, or use the 6 Bay bus as an alternate.

On Sunday, March 15, shuttle buses will not operate. Customers requiring direct access to Union Station must travel south on the Yonge line or walk from St Andrew Station.

Regular subway service will resume on Monday, March 16 at 6 a.m.

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VOICES

WE NEED TO STOP ABSORBING THIS COST

THE KOHLER REPORT
By Rebecca Kohler

When I was in university, I used to steal from people.

Before you call the cops, it wasn't anything crazy; no laptops or jewelry, liquor or cash. No, when I was in university, I used to steal tampons from people's bathrooms. If I was at a party or a friend's house, I'd inspect their feminine product supply and if it was robust, I'd take a few and put them in my purse. I wasn't a kleptomaniac or a bad person, I was just a woman who was broke and bleeding.

Feminine products are an essential part of living in modern-day society. They're expensive to begin with; why are we taxed on them, too?

Before I lose half my audience, let me put this in universal terms: Did you know that you're paying tax every time you go to the bathroom? Eww, what? Yes, because toilet paper is taxed, so with each wipe (remember, front to back) the government gets richer.

If you agree that that's gross and unfair, would you also agree it's unfair that people who menstruate pay a tax on tampons and all other feminine products? Every time we shed the stuff that lines our uterine walls, the government further lines its pockets. Talk about blood money!

There's a petition at Change.org, "Government of Canada — No Tax on Tampons" that's trying to put a stop to this, and you should sign it. Now, before you say, "This isn't my problem because I have a penis," stop and think about how you came to be on Earth. Did a stork bring you here? Were you deposited on the shores via giant shell like Venus?

If the answer to both of those questions is 'No,' then I'm sorry, but this IS your problem because that means you came from a womb.

Once a month, the female reproductive system does something that's integral to keeping the human race on Earth and we're taxed on it.

Tampon tax

Feminine products are already expensive; putting a tax on them adds insult to what kind of looks like an injury.

The petition estimates that Canadians paid the government more than $36 million in tax on tampons. This is a cost we shouldn't be willing to absorb.

Canadians don't pay tax on everything. For instance, some foods and medical supplies are tax exempt, while luxury and cosmetic items are not. Sounds good on paper, but when you break it down, priorities start looking crooked. According to the federal government's Excise Tax Act, schedule VI, feminine products fall under the "cosmetic" category while cocktail cherries fall under "food." Okay, while it's true that cocktail cherries are edible, are they really crucial to human existence? In fact, aren't they just a "cosmetic" addition to a piña colada?

Moreover, if tampons are a "cosmetic" item, who does that serve? I guess tampons could be considered cosmetic in that they kind of cover up a woman's period.

That's nice for women, but it (also) makes life cleaner and less bloody for men, too.

How would our boyfriends/husbands like it if "the rag" wasn't just an expression? What if we used J-Cloths that we washed and hung around the house to dry?

Trust me, tampons and other feminine hygiene products improve *everyone's* life.

Feminine products are already expensive; putting a tax on them adds insult to what kind of looks like an injury.

If you're still wondering why you should care about this, think back to my tax on toilet paper example — is a square of two-ply really a "luxury"? Well, maybe Charmin is — so soft!

Jump on this No Tax on Tampons petition and should it succeed, use it as a way to get the tax off the T.P., too! We all wipe and we all need uteruses, whether they're in your body or someone else's.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter at @becca_kohler

Happy face/Sad face

From spitting to swearing, Metro weighs in on the news that made headlines this week:

HORKING HOCKEY PLAYERS

A hockey arena in Terrace, B.C., has cancelled drop-in adult games for the rest of the season because some players refused to stop spitting in the penalty box and on the benches. Parents whose kids play at the arena were grossed out and complained.

NO MORE 'FEELING FAT' UPDATES

Kudos to activists for successfully petitioning Facebook to remove the feeling "fat" option from its drop-down menu, and a pat on the back to the all-powerful corporation for listening to the plebs. Hopefully newsfeeds everywhere will also see a decrease in "thinspiration" photos, itemized lists of everything a friend ate that day and, it almost goes without saying, instagrammed dinner shots.

WHAT NOT TO WEAR: PMO EDITION

Our dear leader is facing some major backlash over comments he made about face coverings. Prime Minister Stephen Harper said that "most Canadians" find wearing a face veil during citizenship ceremonies to be "offensive" and added that the niqab is "rooted in a culture that is anti-women." Hey, Harper: If you think Muslim women shouldn't be told what to wear than maybe you should, y'know, not tell them what to wear.

SOMETHING TO SMILE ABOUT: SET FOR LIFE

A small-town Nova Scotia man who just won Atlantic Lottery's Set For Life already knows what he's going to do with his cheque: Buy a new set of false teeth. James Hanlon opted for a lump sum rather than $1,000 a week for 25 years. He'll be taking home an impressive $675,000. The handyman also says he has no plans to retire.

TIME FOR ANOTHER FOOTLOOSE REMAKE

Apparently the town of Taber, Alta. has never heard of the Charter of Rights. Its city council recently passed a bylaw that bans swearing in public, which brings a fine of up to $250. Kids and teens must now abide by an 11 p.m. to 6 a.m. curfew. And officers now have the discretion to break up assemblies of three or more people in public spaces. Kevin Bacon, we need you up here!

metro

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Making a fairy tale come true

Interview. Building Cinderella's glass slipper was a formidable task, even for an Oscar-winning costume designer

For the film, Cinderella's glass slipper had a six-inch heel. CONTRIBUTED

"How do you do a glass shoe?"

It sounds like a question from an age-old nursery rhyme, but was actually a real problem for Sandy Powell, the Academy Award-winning costume designer of the new live-action version of Cinderella.

Powell, whose Oscars for Shakespeare in Love, The Aviator and The Young Victoria decorate her mantle, gave me a sneak peek at the unique shoes given to Cinderella (played by Downton Abbey's Lily James) by her Fairy Godmother months in advance of this weekend's opening.

"The glass slipper had nothing to do with any shoemakers because it is made of crystal," Powell explained.

Working with Swarovski, she designed the shoe, complete with a six-inch heel and 221 facets with their light-reflecting Crystal Blue Aurora Borealis coating, out of solid crystal.

"No one can actually put their foot in that," she says.

"It's a prop. In effect I was designing a prop that gets held and gets tried on but for her (to walk in) we made another shoe that was the same shape, in leather, that she could wear and then the visual effects (transformed it to) the glass on her foot.

"The glass shoe was the biggest challenge to do.

"How do you do a glass shoe that doesn't look ugly and huge?

"Hopefully I have done it. It had to sparkle. And rather than it be made up of lots of little crystals, I thought it would be brilliant if we could make it out of one piece of crystal. We didn't know if that would be possible.

"We spoke to Swarovski very early on and I thought it should be like a faceted, cut piece of crystal and that's what we worked on, which took several months.

"They didn't even know if they could do it.

"We didn't know if it was going to be possible until the first one came hot off the press."

Eight crystal shoes were made, but in order to save time and money, there was no left or right foot, just neutral, according to Powell.

"No one is going to notice," she says. "Doing a pair would have taken twice as long and we never see two at the same time."

Working with Disney to bring Cinderella to life brings Powell full circle back to the movie that set her on her career path.

She cites the Mouse House's Mary Poppins as an early influence, adding,

"I've always been inspired by clothes and I have always loved films."

These days, 40 movies and three Oscars later, Powell is still finding plenty of passion in her work.

"I love it.

"It gives me great satisfaction," she says.

In Focus

RICHARD CROUSE

Richard's ratings

Cinderella

Run All Night

The Cobbler

Miss Julie

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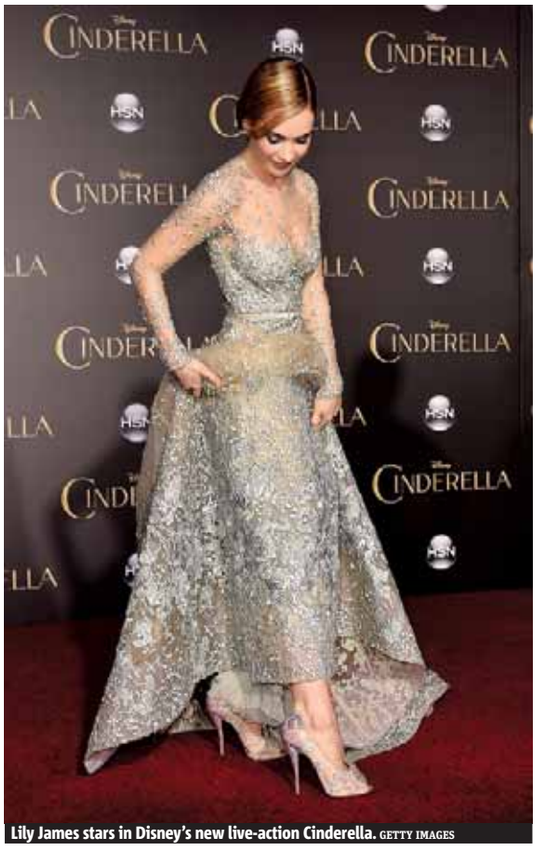

Lily James stars in Disney's new live-action Cinderella. GETTY IMAGES

Disney gives Lily James the slipper and Downton star finesses the fit

Fairy-tale remake. Actress dishes on how reading for the stepsister turned into her Cinderella moment

RICHARD CROUSE
Metro

The glass slipper fitting on Cinderella's foot is at the core of the magic of the fairy tale. It is a plot point that cannot be removed. If you do the whole story falls apart.

Real life is different.

Lily James, star of the new Disney live-action remake of the Brothers Grimm tale, says the Swarovski slipper she "wears" in the film didn't fit.

"That is my English humour," she says. "It didn't fit anyone. It wasn't that they just got the size wrong. It's Swarovski Crystal so it would have broken. They had to CGI it onto my foot, which was a bit of a shame."

The Downton Abbey star — she plays the rebellious Lady Rose on the hit show — is about to have her name intrinsically connected with the Disney princess, but at the audition she had her eye on another role.

"When you get the casting call for something they pick what part you're going to go for and they wanted me for (stepsister) Anastasia," she says. "I remember I wore this pink tie-dyed jumper that the casting director told me to burn. But I had blonde hair because of Downton and they said I should read for Ella.

Quoted

"I was kind of up for playing the off-centre part; the quirkier, funnier part."
Lily James

"I was kind of up for playing the off-centre part; the quirkier, funnier part. I paced the corridor for about 20 minutes and the breakdown of the part that Ken (Branagh) had given me kind of struck me.

"It said she had a generous spirit and a generous nature and an open heart and I think because I didn't have time to over think I just went in and just read it. I think I was much better for it."

So how will Downton Abbey fans react to seeing her familiar face as Cinderella?

"I hope lovingly," she laughs. "I didn't think there were many similarities, but some people have said they think are. I watched the film and in the first scene I thought, 'Oh no! I'm playing Rose.' Then thankfully I shed it."

First-sight butterflies

Her first day on set she shot one of the film's key scenes, the "love-at-first-sight" meeting between Cinderella and Prince Charming, played by Game of Thrones actor Richard Madden.

- "Ken said, 'How do you feel about shooting that scene first?' Richard and I didn't really know each other and Ken caught that nervous energy, that getting-to-know-you, butterflies-in-your-stomach thing."
- "He caught it on camera and I think that was smart. It kind of sets up the whole movie. It feels in that moment that Ella is very strong."

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Naomi Watts says joining Divergent sequel was 'scary'

Movies. Veteran actress says a warm welcome by the young Insurgent cast calmed her fears

NED EHRBAR
Metro in Hollywood

Naomi Watts as Four's estranged mom in Insurgent, the sequel to Divergent. CONTRIBUTED

Joining an established franchise the second movie in can be daunting even for the most experienced of actresses, and for Naomi Watts becoming a part of The Divergent Series: Insurgent was no exception.

"That can always be scary, the first day. When I arrived on the set, it was a little scary because this is a very well-oiled machine," Watts says. "I was just wildly impressed with how things were going and how fast they were moving and how disciplined all of these young actors were. When there's that many people, you can sometimes sense a little rivalry here, a few issues there, but they felt very connected and very collaborative."

The centre of that warm fuzziness, apparently, was series star Shailene Woodley. "I remember when I first met Shailene I was just enveloped in this giant hug," Watts recalls. "It felt so warm and just relaxed me right away."

Watts co-stars as Evelyn, estranged mother of Four (Theo James) and leader of the outcast Factionless in the dystopian future of the Divergent world, but as an actress she honestly thought her action-packed days were behind her. "I remember back in the day, when I was sort of at the very end of my ingenue days, being in King Kong and having to do quite a lot of physical stuff, making the promise to myself that I would never do that again," she says with a laugh. "But now I'm an older woman — or a much more mature woman — and I don't have to do quite what Shailene has to go through. But we'll see about that for the next movie."

But while the action wasn't too involving for her — this go round, at least — there were some aspects to Evelyn that were tough to connect with, like the fact that she abandoned her son when he was very young.

"That one was very hard to reconcile," Watts admits. But we know that she was going through something that she felt was life-threatening and a great deal of abuse, and that was a survival choice that she had to make. But I couldn't imagine that anything could be so bad that my children would be left, but this is the world of storytelling."

Of course, while the Divergent franchise has been up and running already, Watts sees this as just the beginning for Evelyn. "It's a fun character because that's a complex thing to take on, the regret. But she's got drive, and she wants to fix the relationship, genuinely, I do think that," she says. "Perhaps there's something else going on as well, like she knows that both of (Woodley's and James') characters are going to help her achieve things. So it's hard to establish what her motives are in this movie. We've obviously explore that more in the next movie."

Quoted

"That's a complex thing to take on, the regret ... she wants to fix the relationship, genuinely."

Naomi Watts, on her role as Four's estranged mother

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Sci-Fi & Fantasy/Romance

Cinderella

Director. Kenneth Branagh

Stars. Lily James, Cate Blanchett

Cate Blanchett stars in this new vision of the Cinderella tale from director Kenneth Branagh and the screenwriting team of Chris Weitz and Aline Brosh McKenna for Disney Pictures.

Rotten Tomatoes™ score
Critics: 88% **Audience:** 98%

Drama/Comedy

Loitering With Intent

Director. Adam Rapp

Stars. Ivan Martín, Michael Godere

When out-of-work-actors Raphael (Ivan Martin) and Dominic (Michael Godere) hustle a prominent New York producer into believing they've written a hot movie script, they have 10 days to deliver the goods or lose their last opportunity for a big break.

Rotten Tomatoes™ score
Critics: 33% **Audience:** 32%

Mystery/Suspense

Run All Night

Director. Jaume Collet-Serra

Stars. Liam Neeson, Natalie Martinez

Liam Neeson reunites with Unknown director Jaume Collet-Serra for this Warner Bros. thriller following a mob hit-man and his estranged son (Joel Kinnaman) as they flee the wrath of a vengeful crime boss.

Rotten Tomatoes™ score
Critics: 50% **Audience:** 92%

Drama, Action/Adventure

'71

Director. Ken Scott

Stars. Jack O'Connell, Richard Dormer

'71 takes place over a single night in the life of a young British soldier (Jack O'Connell) accidentally abandoned by his unit following a riot on the streets of Belfast in 1971. Unable to tell friend from foe, and increasingly wary of his own comrades, he must survive the night alone and find his way to safety through a disorientating, alien and deadly landscape.

Rotten Tomatoes™ score
Critics: 99% **Audience:** 85%

Comedy

The Cobbler

Director. Tom McCarthy

Stars. Adam Sandler, Method Man

Max Simkin (Adam Sandler) repairs shoes in the same New York shop that has been in his family for generations. Disenchanted with the grind of daily life, Max stumbles upon a magical heirloom that allows him to step into the lives of his customers and see the world in a new way. Sometimes walking in another man's shoes is the only way to discover who you really are.

Rotten Tomatoes™ score
Critics: 19% **Audience:** 81%

Documentary

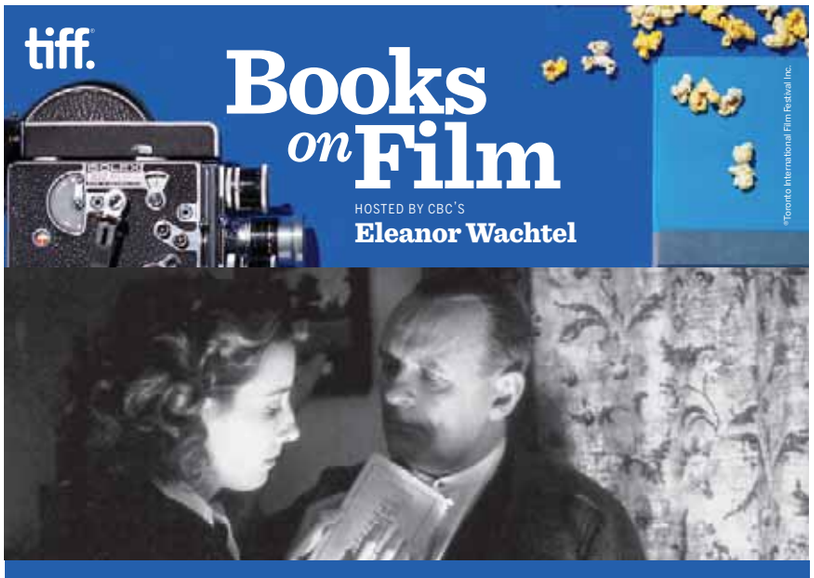
The Hunting Ground

Director. Kirby Dick

Stars. Diane Rosenfeld

From the team behind The Invisible War, comes a startling exposé of rape crimes on U.S. campuses, institutional cover-ups and the brutal social toll on victims and their families. Weaving together verité footage and first-person testimonies, the film follows survivors as they pursue their education while fighting for justice — despite harsh retaliation.

Rotten Tomatoes™ score
Critics: 87% **Audience:** 71%



Kazuo Ishiguro on *The Remains of the Day*

The acclaimed author discusses James Ivory's adaptation of his Man Booker Prize–winning novel, which was listed as one of the "1,000 Novels Everyone Must Read" by *The Guardian*.

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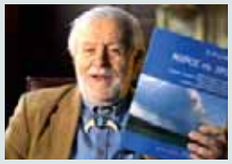
Documentary



Merchants of Doubt

Director. Robert Kenner

Stars. Patricia Callahan, Matthew Crawford

Inspired by the acclaimed book by Naomi Oreskes and Erik Conway, Merchants of Doubt takes audiences on a satirically comedic, yet illuminating ride into the heart of conjuring American spin. Filmmaker Robert Kenner lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire.

Rotten Tomatoes™ score
Critics: 83% **Audience:** + 80%

Documentary

Champs

Director. Bert Marcus

Stars. Mike Tyson, Evander Holyfield

Boxing, "the poor man's sport," has long given kids from America's roughest neighbourhoods an opportunity to escape violence with violence. But with success in the ring comes new fights for which there is no training. Young men thrust into the spotlight are often ill-equipped for the fame and fortune, that accompany a title belt.

Rotten Tomatoes™ score
Critics: 57% **Audience:** + 78%

Comedy

Miss Julie

Director. Liv Ullmann

Stars. Jessica Chastain, Colin Farrell

Miss Julie depicts a fierce battle between a man and a woman, a struggle for power and dominance enacted through a cruel and compulsive game of seduction and repulsion.

Rotten Tomatoes™ score
Critics: 48% **Audience:** 31%

Drama

Stop The Pounding Heart

Director. Roberto Minervini

Stars. Sara Carlson, Colby Trichell

Rural Texas. Sara is a young girl raised in a family of goat farmers. Her parents home-school their 12 children, rigorously following the precepts of the Bible. When Sara meets Colby, a young amateur bull rider, she is thrown into crisis.

Rotten Tomatoes™ score
Critics: 83% **Audience:** 60%

Sequels. Disney divulges details about Star Wars and Frozen followups

Let it go (on)!

The Walt Disney Co. on Thursday announced plans to make a sequel to the animated mega-hit Frozen, and revealed new details about the upcoming Star Wars reboot.

Frozen 2 had been widely expected for a film that has become a juggernaut for Disney. Since its release in November 2013, it has made nearly $1.3 billion globally at the box office, generated a massive merchandising revenue stream and won the Academy Award for best animated feature.

Disney didn't announce any details on the sequel's plot or a release date, but said directors Jennifer Lee and Chris Buck will be returning.

Disney chairman and CEO Bob Iger also announced at the shareholder meeting that new Star Wars film will be called Rogue One and will be directed by Gareth Edwards (Godzilla).

The script will be written by Oscar-nominated Chris Weitz (About a Boy) and will feature Oscar-nominated actress Felicity Jones (The Theory of Everything).

John Boyega stars in Star Wars: The Force Awakens. The followup, Rogue One, is projected to be released on Dec. 16, 2016.
CONTRIBUTED

Rogue One will be the first film of the Star Wars Franchise to explore stories outside the primary Star Wars epic.

Initial filming is set to begin this summer in London.

The film's projected release date is Dec. 16, 2016.

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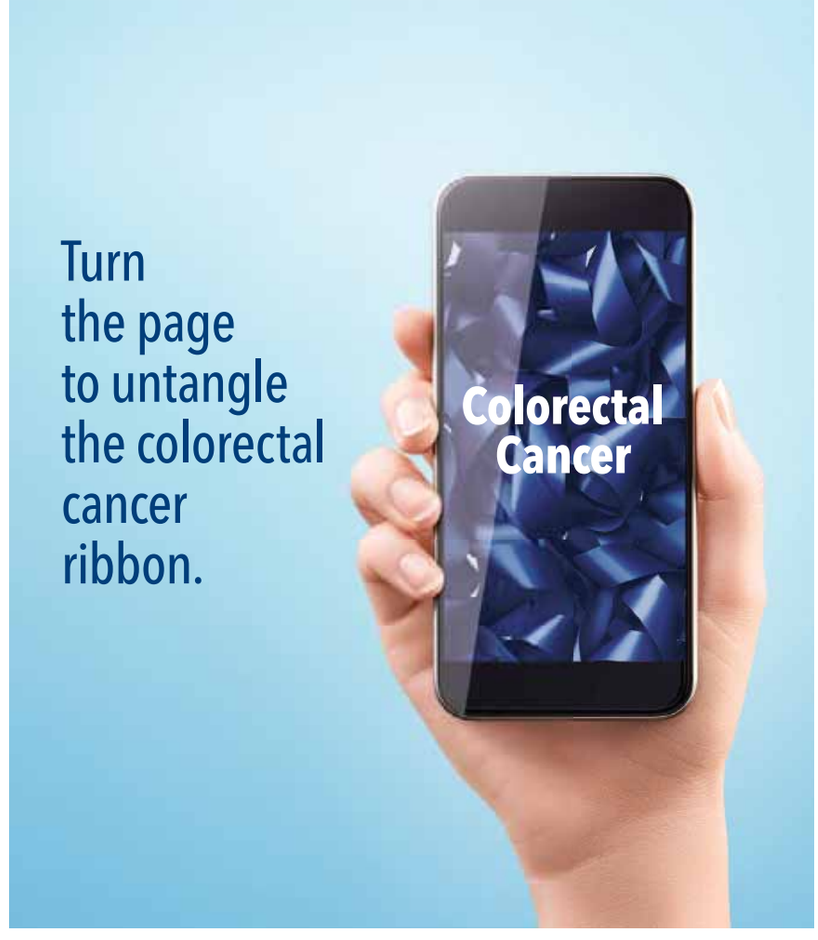
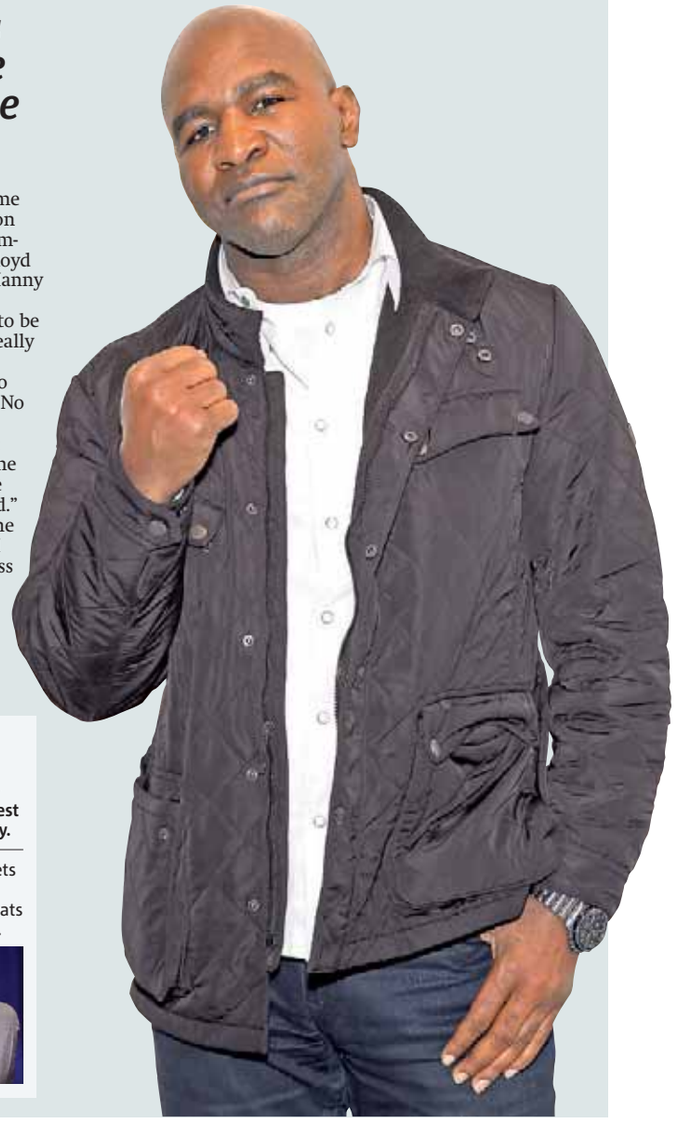


Mayweather vs. Pacquiao

Holyfield's take on the 'Fight of the Century'



What does the five-time heavyweight champion think about the upcoming match between Floyd Mayweather Jr. and Manny Pacquiao?

"I think it's going to be an excellent fight. I really do."

And it's likely to go the distance, he says. No knockouts.

"Both the guys are clever fighters, and one of them is a defensive fighter, which is Floyd."

Holyfield adds, "The fact of the matter is, I think it'll be that chess match, that ultimate chess match. Unless somebody gets careless."

COLIN MCNEIL/METRO

Prize money

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You can't keep a good fighter down

Interview. Ex boxer Evander Holyfield holds no punches as he talks about his rise and fall and rise again in the world of professional sport

COLIN MCNEIL
colin.mcneil@metronews.ca

Twenty years ago, Evander Holyfield was one of the baddest (and richest) dudes to ever grace the canvas of a boxing ring. A world-class pugilist who fought his way up from poverty, 'The Real Deal' had a killer knockout punch, and a bank account to match.

Fast-forward just a few years later, and this venerable practitioner of the Sweet Science was losing the fight against a different kind of opponent: rampant, unrestrained success.

Champs, a new documentary from filmmaker Bert Marcus (How to Make Money Selling Drugs), chronicles the out-of-the-ring financial and personal struggles of prize fighting legends Holyfield, Mike Tyson and Bernard Hopkins. It's the story of how money mismanagement and personal problems left some of boxing's biggest names down for the count.

So just how do you go from being a $200-million king of the ring to broke? Metro spoke with The Real Deal to do a little verbal sparring and find out.

"I had a contract which allowed me to make $50,000 in my first (professional) fight," says Holyfield, "which was humungous because I was making $8,000 a year, with three jobs. And so here I am, a person who fought for 12 years as an amateur for free. Now I'm getting paid to do something that I love doing already."

That was just the beginning.

At the height of his career, Holyfield's biggest fights were grossing anywhere from $77 to $100 million. He reportedly earned $35 million for his rematch with Tyson (the infamous Bite Fight) alone.

Champs, a new documentary opening Friday in Toronto and released on the same day digitally on iTunes, chronicles the out-of-the-ring financial and personal struggles of prize fighting legends. CONTRIBUTED

"Having the money, and not knowing when to say 'no,'" he says, was the problem.

"Of course when I made all this money ... I wanted everybody to do well. I was willing to do what is necessary to help everybody."

With a generous heart, deep pockets and little knowledge of finance, Holyfield's millions didn't go the distance.

"My mother said, 'Son, you cannot make nobody rich. You can give them an opportunity to be rich, but they got to do the work — or you'll go broke.' And unfortunately, you know what, that's what happened."

In 2012, Holyfield was forced to sell his 44,234-square-foot mansion and auction off some of his most prized possessions, including memorabilia from his 1984 Olympic bronze medal win, many of his championship title belts, and an array of fight-used robes and gloves.

In the end, the one thing he was able to keep, says Holyfield, was his positive attitude.

"I didn't let people change me from the attitude I had towards people.

"I had to think back to what I was brought up on and the word of God. And the only thing that I had to build my faith on was that the second half of my life would be better than my first half."

Holyfield continued to fight professionally until last year, when he officially retired at age 51. Nowadays, The Real Deal makes a living from paid speaking engagements.

What keeps him going through it all? More advice from mom:

"She said, 'Son, if you're willing to work eight hours, then you have the opportunity to be your own man for the next 16 hours. But if you don't work the eight hours, somebody else is going to be telling you what to do for the next 16 hours.'"

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Miss Julie character drives Jessica Chastain to edge

It was the last day of rehearsal before cameras rolled on the film Miss Julie and Jessica Chastain couldn't go on.

Getting into the mindset of the melancholic title character was taking its toll on the two-time Oscar nominee. Director Liv Ullmann decided not to make her go through rehearsal for a particularly agonizing scene involving a pet bird.

"I came into rehearsal and I was feeling really depressed and down," Chastain recalled in a telephone interview. "Liv saw that, and the incredible thing about working with a director as sensitive as she is, is then she goes, 'You know what? Let's stop.'

"That, I was very grateful for."

Ullmann, known as one of Swedish director Ingmar Bergman's actress muses, adapted the story from the 1888 August Strindberg play.

Chastain, 37, plays the daughter of an Anglo-Irish aristocrat who instigates an emotionally draining battle of power and intimacy with a valet named John (Colin Farrell) at their estate while her father is away. Complicating matters is his relationship with a servant (Samantha Morton).

The Sacramento, Calif., native said Miss Julie is one of her favourite plays and she studied it at the Juilliard School in New York City.

She liked Ullmann's decision to put "almost a feminist take" on the story.

"So many times I had seen the play where John manipulates the situation and orders this woman. He kind of controls her, abuses her and then at the end orders her to ... do this terrible thing," said Chastain.

Jessica Chastain in Miss Julie. CONTRIBUTED

"In Liv's interpretation, she wanted Julie to want that from the very beginning. She wanted Julie to have something in her that she had always craved ... even if she wasn't able to really articulate it."The result is yet another critically heralded performance from Chastain, who got Oscar nominations for her supporting role in 2011's The Help and for her leading role in 2013's Zero Dark Thirty.

In 2012, Time magazine called her one of the "100 Most Influential People in the World."

And yet she's still accessible to fans, engaging directly with them on Twitter.

"I came into this industry because I love movies, I love writers, I love directors, stories, actors, and I feel like the people that I'm interacting with are also film lovers. So it feels like being a part of a film appreciation group," Chastain said with a laugh.

Of course, Twitter can also bring hateful comments, and Chastain said she's received some regarding her recent Critics' Choice Awards speech, in which she asked the audience to "stand together against homophobic, sexist, misogynistic, anti-Semitic and racist agendas."

"I've banned all those people," she said, laughing. "On Twitter, anyone sending me a death threat, you know, I'm not going to talk to you. There were far more positive reactions than the negative ones. I think it just shocked me that there were even some people speaking against diversity.

Miss Julie hits theatres on Friday. THE CANADIAN PRESS

Tweeting redheads

This week, Twitter brought Chastain into contact with one of her favourite 1980s pop stars — fellow redhead Tiffany.

- "That was crazy," she said. "She tweeted me that she was a fan of my work, which is insane, especially since I think that's the first record I ever had.
- "I used to lip sync her songs in the mirror. I was like, 'A redhead singer!' I was all about it."

Weekend closures

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March 15, 2015
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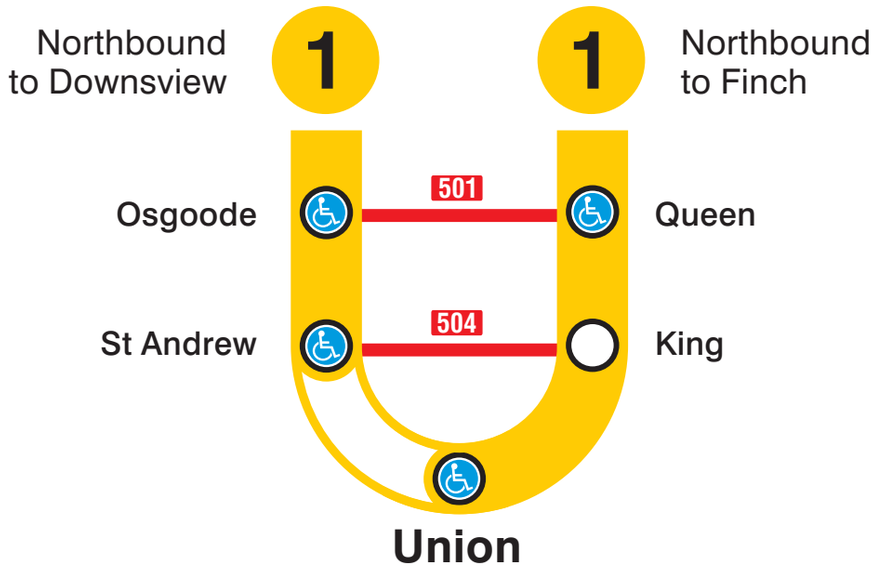

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TORONTO TRANSIT COMMISSION

Take it from Alanis, she oughta know

Interview. 20 years after Jagged Little Pill, the introspective songwriter reflects on her career

Alanis Morissette made her Junos debut back in 1992, wearing buoyant ringlets, a bejewelled off-the-shoulder dress, and the dumbstruck expression of a 17-year-old leaping blindly into the glare of the spotlight. She was dressed in the disguise of a dance-pop featherweight, which ultimately didn't fit.

But at least the dress did.

"Not unlike most brides around the planet, I put all my stress into what dress I would wear," Morissette recalled with a laugh recently, marvelling at the "absolutely terrifying" event.

"I just remember being really nervous and over the moon about the fact that I held eye contact with Bryan Adams for longer than one millisecond."

The award she was given that night — most promising female vocalist — turned out to be prescient. 23 years later, Morissette is being ushered into the Canadian Music Hall of Fame after a distinguished — and ongoing! — career that has spanned more than 60 million albums sold, seven Grammys and 12 Junos.

Days before Morissette was to receive the honour and perform at this weekend's Juno Awards, the 40-year-old spoke about her career from her home in Brentwood, Calif.

What does this honour mean to you?
Mostly it's just me coming into the arms of Canada. I'm Canadian to the bone. To be honoured by Canadians is precious to me.

It's the 20th anniversary of Jagged Little Pill and you're adapting it into a musical. What sort of emotions does that album evoke for you?
There's a continuity there that has remained true for two decades straight, which is just social commentary, eating disorder commentary, embracing emotions, flying in the face of what's expected. So many of these themes ... seem timeless in a way, which is lovely. It's not the kind of record that I would discourage a 15-year-old from listening to. It's quite the opposite.

Quoted

"I swear I walk around with a whiteboard upon which people can project their hatred toward their mother and their former boss and their sister and their ex-girlfriend." Alanis Morissette on the isolating side of her celebrity

You won five Junos in 1996 and in acceptance discussed how an artist's growth occurs in public. Was all the attention a lot to bear?
It was. It was a lot of pressure and I hated it. So to take some of the intensity away, I wrote Uninvited (for the City of Angels soundtrack in 1998). That was really not encouraged by my record company. They wanted me to take all that white-hot heat and put it into the followup for Jagged Little Pill.

But I was buckling under that pressure and I didn't want to write. I was super burnt-out from touring and had I not succumbed to any of the pressure, who knows, I might have been the artist who writes a record every 10 years.

So you were never infatuated with fame?
I was definitely intrigued. I was sold the same bill of goods that the planet has been sold, which is that when you're famous, you're Kumbaya-ing with Meryl Streep and Johnny Depp is petting your head while you sit around a fire (laughs). So when I entered into that whole celebrity fray, it was actually quite isolating. I swear I walk around with a whiteboard upon which people can project their hatred toward their mother and their former boss and their sister and their ex-girlfriend. It's a lot to hold.

You said making your last album (2012's Havoc and Bright Lights) was painstaking. Will you make more music?
Well, right now I'm actually working on a book, which is great. Because the literary world, they're obsessed with credibility. I find as we get older, we become more and more credible, or we're perceived as credible.

(But) I'll write music until I'm dead. And maybe after, who knows? I'll channel through some young, unsuspecting artist.

Not all hall of fame inductees choose to perform. How do you think you'll feel up there?
To be honest, any excuse to be around my bandmates — I just love them so much. I have a four-year-old now (son Ever), so we're not touring at the breakneck speed we used to. This'll be really fun for us.

THE CANADIAN PRESS

GETTY IMAGES

Muse announce new album

British rock band Muse announced the release of a new album called Drones and a tour this week, keeping up with previous themes of science fiction and political unease.

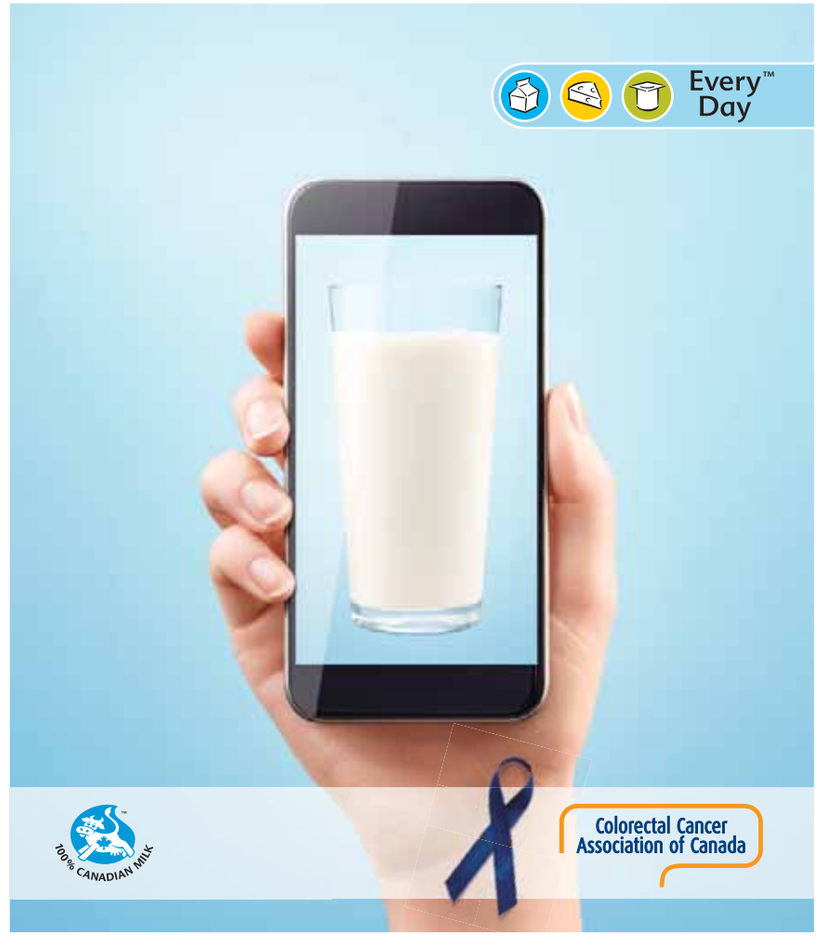
Lead singer Matt Bellamy said the band's seventh studio album will be released on June 8, after months of hinting.

"To me, drones are metaphorical psychopaths which enable psychopathic behaviour with no recourse. The world is run by drones utilizing drones to turn us all into drones," Bellamy said.

Muse will release a new track, Psycho, on YouTube this week. AFP

"This album explores the journey of a human, from their abandonment and loss of hope, to their indoctrination by the system to be a human drone, to their eventual defection from their oppressors."

A new track, Psycho, was released on YouTube on Thursday, and will be followed by the album's first single Dead Inside on March 23. AFP



Liquid Assets

Appreciating Guinness

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Sometimes you take a sip of something, most often when you're just exploring your palate preferences, and carry that experience with you for the rest of your life.

Ireland's Guinness is one of those somethings.

Polarizing to a fault, Guinness comes across black and brooding when you take your first sip. It's only after a few pints that you gain an appreciation for its creamy, dark brown goodness.

As the official tipple of St. Patrick's Day, gallons of the stuff with be drunk on March 17.

If you're still leery of all it has to offer, try the Guinness Pub Draught (4 x 440 ml, $11.99 - $12.75).

It uses a bladder system inside its bottles and cans to simulate a fresh-from-the-tap pour that I guarantee will erase any negative memories of your first time with the brew.

Shake things up by combining half a champagne flute of bubbly with an equal portion of Guinness to create a Black Velvet. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Bring the Spice Route to your kitchen

Dinner. This Chicken Tikka recipe was inspired by the staple flavours of India

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

Want to delve a little deeper into exotic flavours? Add this takeout favourite to your to-make list.

This recipe serves eight. COURTESY RICARDOCUISINE.COM

Ingredients

Garam Masala
- 1 tsp green cardamom, opened (retain only the small beads inside)
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp black peppercorns
- 1 tsp whole cloves
- 1 cinnamon stick or 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Marinade
- 1/2 cup (125 ml) plain yogurt
- 1 onion, chopped
- 3 cloves garlic, crushed
- 2 tbsp garam masala
- 2 tbsp freshly squeezed lemon juice
- 1 tsp (5 ml) grated lemon zest
- 1 tbsp fresh ginger, grated
- 1 tsp salt
- 12 skinless and boneless chicken thighs or 6 skinless and boneless chicken breasts

You can also prepare the Chicken Tikka on skewers. To do this, cut the chicken into small pieces before marinating. Soak wooden skewers in water for 15 minutes before you thread the pieces of chicken. Grill or bake for about 10 minutes in the middle of a 400 F (200 C) oven.

Garam Masala

1. In a large skillet, toast the spices over high heat for 1 minute. Let cool, then finely grind with a mortar or a coffee grinder. Set aside.

Marinade

1. In a bowl, combine all the ingredients. Place the chicken in the marinade and coat well. Allow to marinate in the refrigerator for 5 hours.

2. Preheat grill to medium heat or the oven to 400 F (200 C).

3. Lightly score the skin of each piece of chicken with a sharp knife. Grill or bake in the middle of the oven for about 25 minutes, turning chicken occasionally, until cooked and lightly browned. **FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED IN 2014.**

Easy under-the-sea dish

There's no need to order takeout when you have this quick and easy Shrimp Curry recipe. Just make a trip to the international aisle of your local grocery store for some of the ingredients and you're all set.

1. In a skillet, brown the onion in the oil. Add the garlic and ginger. Cook for 1 minute. Add the tomatoes, coconut milk, garam masala, pepper and salt. Simmer over low heat for 10 minutes.

2. Add the shrimp. Bring to a boil, reduce the heat and simmer for 3 to 5 minutes. Add the lime juice and sprinkle with cilantro leaves. Adjust the seasoning and serve.

RICARDO

Ingredients

- 1 large onion, chopped
- 1/4 cup (60 ml) vegetable oil
- 4 cloves garlic, finely chopped
- 2 tsp fresh ginger, finely grated
- 4 tomatoes, seeded and diced
- 1 can (14 oz/398 ml) coconut milk
- 1 1/2 tsp garam masala
- 1 green or red chili pepper, chopped (optional)
- 1 tsp salt
- 2.2 lb (1 kg) fresh shrimp, shelled and deveined
- Juice of 1 lime
- Fresh cilantro leaves, for garnish

This recipe makes six servings. COURTESY RICARDOCUISINE.COM

OHL

McDavid shifts focus to playoffs

Connor McDavid shrugged off an injury scare and the end of his 27-game point streak. His focus is already on the OHL playoffs.

McDavid took a puck to his right hand, the same one he broke in November, and was held scoreless Wednesday night in the Erie Otters' 3-0 victory over the Niagara IceDogs.

After icing his hand on the bench and not missing a shift, McDavid practised Thursday and described it as "a little sore, but all right."

The playoffs are two weeks away.

THE CANADIAN PRESS

NBA

Wizards step over fizzling Grizz

Facing a watered-down version of the second-best team in the Western Conference, John Wall finished with 21 points, seven rebounds and six assists Thursday night, leading the Washington Wizards past the Memphis Grizzlies 107-87.

The game got chippy late in the third quarter, when Washington's Kevin Seraphin was called for a flagrant-2 and ejected for knocking Jon Leuer to the court as the Grizzlies' backup forward dunked. Earlier, Seraphin got tangled on the floor with Jarnell Stokes, which followed another bit of grabbing between Stokes and Washington's Marcin Gortat.

THE ASSOCIATED PRESS

NHL

"For sure, everyone's is worn out. When you're not winning, when you're not having success, it can be frustrating and you can get down."

Joffrey Lupul, the latest Maple Leaf to feel the scorn of coach Peter Horachek. The veteran winger rode the bench for large parts of Wednesday's game against the Buffalo Sabres. On Thursday, he was one of the last off the ice at practice before the Leafs flew to Calgary to begin a three-game Western Canada road swing.

Ryerson rocks with Rams' opening win

CIS Final 8. Local contingent through to semifinals as Canadian University championship starts with a bang

Every player on the bench, and virtually every yellow-and-blue clad fan was on his feet well before the final buzzer sounded on another first for Ryerson's men's basketball team Thursday night.

Jahmal Jones scored 20 points, while Adika Peter-McNeilly added 19 as the seventh-seeded Rams upended the No. 2 Windsor Lancers 82-68, clinching their first-ever spot in the Canadian university semifinals.

The win came on Ryerson's home court, the first time the tournament has been held in Toronto in its 53-year history. It was also the latest step in the remarkable growth of a program that was a basketball laughing stock only a decade ago.

Quoted

"There's no pressure on us. This is my last one, I'm just going to go out there and enjoy it, there's no pressure on us at all."

Ryerson's Jahmal Jones said there were some early jitters in front of a noisy Mattamy Athletic Centre crowd that included Toronto Raptors Greivis Vasquez and Bruno Caboclo. The Rams shrugged it off to lead 42-31 by halftime

Semifinals

SATURDAY

Semifinal 1
Carleton (1) vs. Victoria (4), 6 p.m.

Semifinal 2
Ryerson (7) vs. Ottawa (3) 8:30 p.m.

*All games at the Mattamy Athletic Centre

Asked if he was finally breathing a sigh of relief, Rams coach Roy Rana said "You know what, I didn't really think of it that way ... because if I did then I would be putting undue pressure on myself and our kids.

"So it was really about just how do we perform from a possession to possession basis. Now that it's over, yeah, I'll smile a little bit, I'll relax a little bit."

The defending champion Carleton Ravens, meanwhile, barely broke a sweat rolling over the Saskatchewan Huskies 90-50 in the day's opening game.

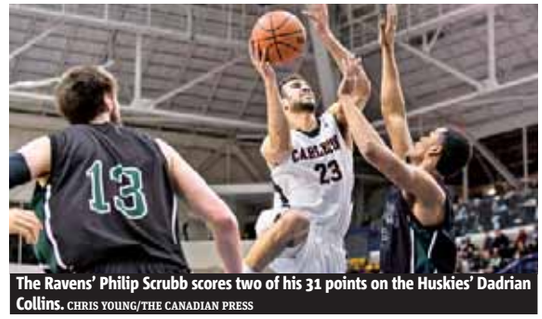
The Ravens will face Victoria in Saturday's semifinals after the Vikes edged the Dalhousie Tigers 57-56.

The Rams have been a team on the rise for the better part of the decade, since they went a woeful 1-43 in 2003-04 and '04-05. They reached the Final 8 in 2012, but dropped a 30-point loss in their opening game en route to finishing sixth.

"It's just the process we've built (over the five years) that I've been here," Jones said.

THE CANADIAN PRESS

Ryerson's Jahmal Jones led the Rams with 20 points in their opening win over Windsor on Thursday at Mattamy Athletic Centre. FRANK GUNN/THE CANADIAN PRESS



The Ravens' Philip Scrubb scores two of his 31 points on the Huskies' Dadrian Collins. CHRIS YOUNG/THE CANADIAN PRESS

Soccer. TFC keeps close eye on its young footballers

Not surprisingly, Toronto FC general manager Tim Bezbatchenko has little to offer publicly on the off-ice education of young Maple Leafs centre Nazem Kadri.

But Bezbatchenko says his MLS club does have a role in "mentoring young men."

Toronto's age group teams start at the under-10 level and stretch to the pro ranks.

"We have roughly 150 to 200 children and young men coming through the doors every day," Bezbatchenko said Thursday. "So part of our role is to mentor them and to teach them what it means to be a professional and how to carry yourself both on the field and off the field in order to be successful.

Tim Bezbatchenko
GETTY IMAGES FILE

"We're just one piece of the pie. Obviously they spend a lot of their time outside TFC. But when they're here, we're trying to create a culture and a professional environment in which they can continue to grow as people as well."

On Saturday

Toronto FC kicks off its second game of the season on Saturday night against the Columbus Crew in Ohio (7:30 p.m., TSN 2).

- TFC's first eight games are away and they won't play at BMO Field till May 10.

But boys will be boys.

In 2012, first-team players Miguel Aceval, Luis Silva and Nick Soolsma were sent home after being arrested for public intoxication in Houston. All three have since left the club.

Most other behavioural issues have remained in-house since the club joined the league in 2007.

Kadri was late for a team meeting last Sunday and didn't play the following night. Maple Leafs president Brendan Shanahan said Wednesday that Kadri's problems go beyond his tardiness, and that he would sit two additional games.

THE CANADIAN PRESS

4 SPORTS

‘Five-tool’ Ferrell throws wrench into spring training

MLB. Superstar funny man brings wit, sarcasm, perfect timing, inflated self-esteem and belly laughs to the diamond

Telling everyone “I’m a five-tool guy,” Will Ferrell was off on his barnstorming tour Thursday through five Arizona spring training games.

Wearing No. 19, the star of Anchorman: The Legend of Ron Burgundy, Elf and many others played shortstop for the Oakland Athletics, second base for the Seattle Mariners, centre field for the Los Angeles Angels and first base for the Chicago Cubs.

As a surprise, he pinch hit, rather unsuccessfully, for the Cubs and spent a little time as their third-base coach.

Then it was off to Scottsdale, for the Cincinnati Reds vs. the Arizona Diamondbacks.

The comedian planned to play for 10 teams in five spring training games, playing every position along the way. His police-escorted caravan was to drive to his first three stops, then he was to take a helicopter from the Diamondbacks’ spring home in Scottsdale then finish at the home of the Chicago White Sox field in Glendale.

And it was all for a good cause, he said.

Before his odyssey began, Ferrell said he expected to raise $1 million to be used for college scholarships for cancer survivors. The tour was being chronicled by HBO for an upcoming special. Memorabilia from his journey is to be auctioned off on MLB.com with proceeds going to Cancer for College and Stand Up to Cancer.

Ferrell had his usual (false) bravado on display. In his interview on MLB radio, he said, “I’m actually hoping that my acting career is over after today.”

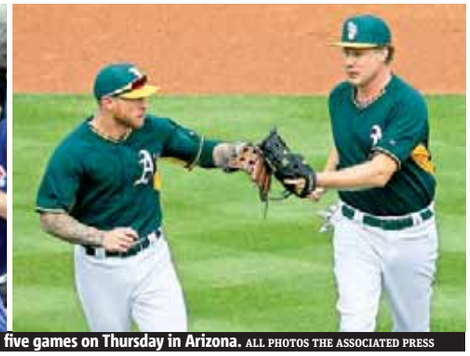
“I think it’s pretty much the feeling out here that I’m going to land with one of these clubs,” he said. THE ASSOCIATED PRESS

Quoted

“These teams need a clubhouse presence and my presence is a flabby 47-year-old guy that doesn’t know how to play. But I have life experience and I’m willing to do whatever it takes to get the job done.” **Will Ferrell** selling his attributes to potential MLB suitors

“I could catch fire today and you could be on a bus back to Triple-A.”

Will Ferrell speaking to shortstop Marcus Semien in the A’s clubhouse



Will Ferrell was scheduled to play for 10 teams in five games on Thursday in Arizona. ALL PHOTOS THE ASSOCIATED PRESS

This March Break, take advantage of the TTC

The TTC March Break Day Pass lets you and your family explore the city all day for just $11.50. Available for purchase from March 14th to 22nd, this one-day group pass is valid for up to six people, maximum two adults over 19 years of age. Don’t forget, children under 12 always ride free.

Plan your trip at **ttc.ca** or visit a TTC booth for more information.

TORONTO TRANSIT COMMISSION

The Canadian Blue Jays

The Blue Jays have five Canadian-born players in training camp, the most in recent memory. Here's an update of the Canadians in camp after nine games.

TORSTAR NEWS SERVICE

Photos: Saunders, Pompey — Getty Images; Martin, Albers — The Canadian Press; Francis — Torstar News Service

Michael Saunders

Age: 28
Number: 21
Bats/Throws: Switch/Right
2014 stats (Seattle): .273, 8 HR, 34 RBI (78 games)
Skinny: Recovering from freak knee injury in first week of camp but hopeful to be back on field this week, ahead of expectations.

Russell Martin

Number: 55
Age: 32
Bats/Throws: Right/Right
2014 stats: .290, 11 HR, 67 RBI
Skinny: Work in progress catching knuckleballer R.A. Dickey, but had an excellent first outing with Marcus Stroman on Monday.

Andrew Albers

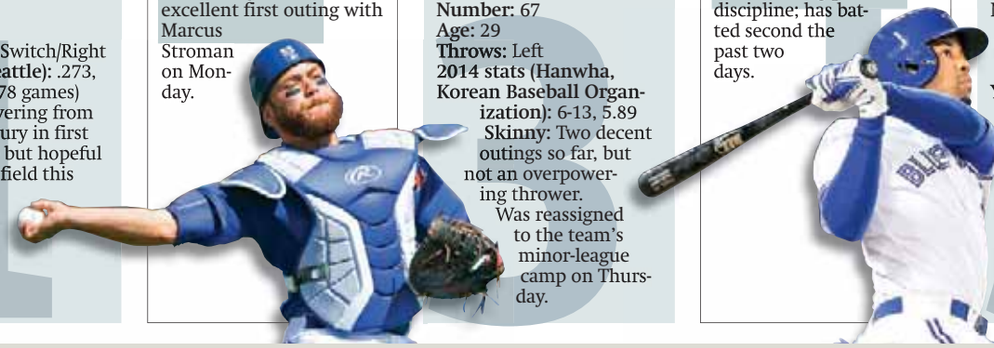
Number: 67
Age: 29
Throws: Left
2014 stats (Hanwha, Korean Baseball Organization): 6-13, 5.89
Skinny: Two decent outings so far, but not an overpowering thrower. Was reassigned to the team's minor-league camp on Thursday.

Dalton Pompey

Number: 45
Age: 22
Bats/Throws: Switch/Right
2014 stats: .231, 1 HR, 4 RBI (17 games)
Skinny: Competing for outfield job and has shown strong plate discipline; has batted second the past two days.

Jeff Francis

Number: 35
Age: 34
Throws: Left
2014 stats (Reds, A's, Yankees): 1-2, 5.85
Skinny: Obvious veteran poise and presence; long-shot for pen job, solid depth guy out of Buffalo if he doesn't make opening roster.



Spring training

Rays rock Estrada for seven runs

Tampa Bay opening-day starter Alex Cobb had a tough outing, but the Rays had their best offensive showing of spring training Thursday in a 10-3 victory over the Toronto Blue Jays.

Steve Souza Jr. and Logan Forsythe homered during an eight-run fifth inning for the Rays, who trailed 3-0 and had not scored more than five runs in a game until breaking through against right-hander Marco Estrada.

Blue Jays starter Mark Buerhle was impressive, allowing two hits and striking out two in 3-1/3 scoreless innings in his second spring appearance. Estrada yielded seven runs and seven hits in two-thirds of an inning, including Souza's solo homer.

Cobb, meanwhile, failed to get through three innings, giving up three runs in 2-1/3 innings.

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The following is a list of lockers that are up for auction online, for non-payment of their accounts.

1.	P18	Mamadou Bah	2 Clayson St., Scarb., ON. L6B 1L1
2.	A97	Dayven Dickson	555 Creekview Circle, Pickering, ON. L1W 2Z9
3.	E694	Henricus Ehlebracht	1337 Poprad Ave., Pickering, ON. L1W1K9
4.	B201	Brent Martin	7 Muir Dr., Scarb., ON. M1M 3B5
5.	D521	Raymond Sutherland	93 Foxridge Drive, Scarb., ON. M1K 2G4
6.	G1067	Erin Byrnes	63 Beatty Rd., Ajax, ON. L1S 1Z1
7.	E693	Darene Clare Hepburn	79 Forestry Tower Rd., Kearney, ON. P0A 1C0
8.	C404	David Bogart	384 Rosland Rd. W, Oshawa, ON. L1H 3G5
9.	F852	Raghavendra Rao	40 Carabob Court, Unit 609, Scarb., ON. M1T 3N3
10.	B216	Solomon Monzon	4 Apollo Rd., Markham, ON. L3S 4C6
11.	F856	Nancy Harrison	37 Ravenview Dr., Scarb., ON. M1E 3L9

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The universe is pointing you in a particular direction and if you are smart you will go that way. Being an Aries you are as likely to go in the opposite direction just to be different.

♉ Taurus
April 21 - May 21
What you expect to happen today and over the weekend likely won't, while what you don't expect to happen likely will. So, don't make plans.

♊ Gemini
May 22 - June 21
Mercury, planet of the mind, moves into the career area of your chart today and that means the more you think ahead the more success you will enjoy later in the year.

♋ Cancer
June 22 - July 23
You have strong opinions about certain issues and today's events will confirm they are spot on. But don't use that as an excuse not to look at new ideas, because life never stands still.

♌ Leo
July 24 - Aug. 23
Flattery will get you everywhere today. You know the right thing to say to influence people in positions of power.

♍ Virgo
Aug. 24 - Sept. 23
What you say next is not as important as the way you say it. You may intend your remarks to be helpful but if your words are harsh others may think you are being critical for no reason.

♎ Libra
Sept. 24 - Oct. 23
Common sense should tell you that certain methods are not working as well as they should and what happens over the next few days will confirm that.

♏ Scorpio
Oct. 24 - Nov. 22
Mercury moves into the most dynamic area of your chart today, making it easy for you to make changes you want to make, as opposed to changes that others want you to make.

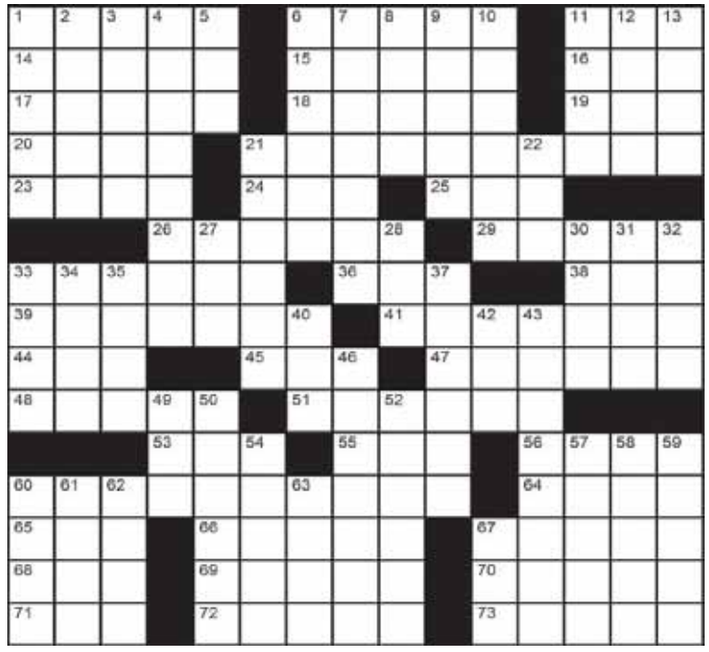
♐ Sagittarius
Nov. 23 - Dec. 21
What you choose to do today may annoy some but don't let that stop you. You have done plenty of things to please them in the past and now you will do something to please yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Others may be impressed by your self-confidence. What they don't know is that it's an act and you don't feel that confident. Mercury's change of signs today will give your self-belief a boost.

♒ Aquarius
Jan. 21 - Feb. 19
Happiness comes from wanting what you have, not having what you want. You have more than enough to satisfy your basic needs. Be thankful.

♓ Pisces
Feb. 20 - March 20
Mind planet Mercury moves into your sign today, making it so much easier to decide what it is you want and what you are willing to do to get it.

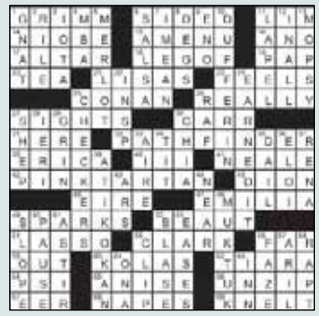
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. What the symbol # means in music
6. Grate
11. Shortened alias signifier
14. "Madagascar" (2005) creature
15. Surface-__-__ missile
16. Teacup part
17. Winged
18. "There is _ __ in the affairs of men." - Shakespeare
19. Lamb's mommy
20. Accompanying
21. Written by #4-Down, this number one hit song of 1940 is famously sung by #41-Across: "I'll Never __ __"
23. Gardening supply
24. Full amt.
25. Pre-Ford President's monogram
26. Musical compositions
29. Apartment
33. Released the lava!
36. Rich money amt.
38. Hide Hair link
39. "Bye!" in Britain
41. Legendary singer Frank
44. Poet's 'throughout'
45. Little __ _ lot
47. Forbids
48. "It takes __ __ tango."
51. Nova Scotia's provincial bird
53. Fountain's filling
55. Behold
56. Book leaf side
60. Nickname for #41-Across: 3 wds.
64. Approximate calculation
65. Campaigner, e.g.
66. Growl
67. Clicked-on computer thingies
68. Candle-blower's number
69. Hawk's habitation, variantly
70. Wooden shoe
71. Volume selection
72. Soup alternative
73. Supplications

Down
1. Deli side orders
2. Prefix meaning 'Sun'
3. Violin of Cremona in Italy
4. Trailblazing Canadian songwriter (More at #21-Across and #10-Down!): 2 wds.
5. Before
6. John of "Full House"
7. Product flying off store shelves: 2 wds.
8. Racetrack fence
9. Canada's largest duck
10. Song by #4-Down (co-written with Paul Mann and Stephan Weiss) that #41-Across recorded and which was played at his funeral: "Put Your __ Away (For Another Day)"
11. Region
12. Fuzzy on the outside/Green on the inside fruit
13. "Indeed!"
21. Rehearsal spot
22. Antelope with ox-like horns
27. For every
28. Fam. member
30. Go __ detail
31. Ripped
32. Chapters in history
33. Glaswegian
34. "I'm bushed!"
35. Architect Mr. Saarinen
37. Books: French
40. Gold, in Spain
42. Before-a-maiden-name word
43. Not-of-the-average
46. Ancient empire of Mesopotamia
49. Poetry contraction
50. Crosses to bear
52. Did potato work
54. Country in Africa
57. Sun-dried brick
58. Setting of CBS soap "The Young and the Restless", __ City
59. Wests opposites
60. Iridescent gem
61. Company symbol
62. Gusted
63. British peer
67. Web connector, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

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Yesterday's Sudoku

8	2	9	4	6	5	7	1	3
6	3	7	9	1	8	4	5	2
4	5	1	7	2	3	9	8	6
3	4	5	6	7	9	1	2	8
1	7	6	3	8	2	5	4	9
2	9	8	5	4	1	3	6	7
7	8	3	2	5	4	6	9	1
9	1	4	8	3	6	2	7	5
5	6	2	1	9	7	8	3	4

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